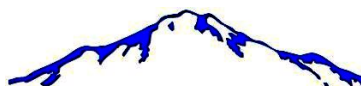




THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



November, 2021

STEERING COMMITTEE

CHAPTER LEADER - Acting

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

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!



Michaela Christianson
in memory of Damon Vincent Christianson

Chaplain Steinkirchner
Love Gift Donation

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

THE GRIEF OF GRANDPARENTS

The relationship between a grandparent and a grandchild is very special and unique. When a grandchild dies, the grief associated with the loss is often so intense and painful, it leaves bereaved grandparents feeling hopeless as they experience what many refer to as a double loss. Not only do they mourn for their grandchild, they may also feel a sense of helplessness because they are unable to take away the pain felt by the parents of their grandchild, one of whom is their own child.



CHAPTER NEWS

GOOD NEWS! Starting in **January** we will once again be holding our in person monthly meetings at the First Baptist Church. We will meet in our previous meeting room upstairs at 7:00 pm and revert back to our pre-pandemic third Thursday of each month. We look forward to starting back up at the church in the near future.

November's meeting will be held at the Universal Karate School located at 410K South 8th Street. Meetings are open to the public each month and we look forward to seeing you at our next meeting, **Friday, November 19th at 7:00 p.m.**

There will **NOT** be a December monthly meeting due to our Candle Light service being held earlier the same week. Holidays can be very stressful and we encourage our members to reach out to any of our Steering Committee members via "Telephone Friends" should you need someone to talk to or just a listening ear.



Welcome New Friends.

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.



Heartbeat Survivors After Suicide

Memory Tree Lighting & Candlelight Memorial

Tuesday Dec 14, 2021
7:00pm

Rock Ledge Ranch at Garden of the Gods
3105 Gateway Road, Colorado Springs, CO 80904

To have your loved one remembered:

Please email the information below. An ornament will be created with the information provided and displayed throughout the month of December. Ornaments will be removed in early January and stored for the following year. There is no cost, but donations are welcome and deeply appreciated!

In memory of:
Lived from-to:
Remembered by:
Your name:

Email to COSHeartbeat@gmail.com



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Brandon Roy Hubschmitt	Nov 1	Delena & Don Hubschmitt
Robert Howie	Nov 1	Annette Howie
Rebecca Ann Reynolds	Nov 1	Ken and Barbara Reynolds
Chloe Faith Gafford	Nov 3	Brian & Jocelyn Gafford
Patricia 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 & Vicki Struckle
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
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
Dean Berry	Nov 23	Kira & Nick Berry
Branden Howland	Nov 23	Julianne Howland
Amanda T. Hill	Nov 23	Connie Milligan
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

Time Will Ease the Hurt

The sadness of the present days is locked and set in time, and moving to the future is a slow and painful climb. But all the feelings that are now so vivid and so real, can't hold their fresh intensity as time begins to heal. No wound so deep will ever go away, yet every hurt becomes a little less from day to day. Nothing can erase the painful imprints on your mind; but there are softer memories that time, will let you find. Though your heart won't let the sadness simply slide away, the echoes will diminish even though the memories stay.

Bruce Wilmer TCF/Cumberland, New Jersey



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	9 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 Nixon	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 & 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

A THANKSGIVING PRAYER

I'm thankful this Thanksgiving that my grief is not so new. Last year it was so painful to think of losing you. Death can't claim my love for you. Tho we are far apart, sweet memories will always be engraved upon my heart. Time can never bring you back. But it can help me be Thankful for the years of joy you brought our family. To all the parents with grief so new I share your loss and sorrow.

I pray you find with faith and time the blessings of each tomorrow.

Charlotte Irick TCF, Idaho Falls, ID



We are pleased to announce that the 2021 Worldwide Candle Lighting service will be held at the First Baptist Church on Sunday, December 12th at 7:00pm.

After a year hiatus due to the Covid-19 pandemic and safety precaution concerns, we are anxious to once again share this beautiful night of remembrance with you.



Our program will have the same theme but will have some minor changes which we hope will make our presentation easier and more enjoyable, but still heartfelt, for our members. We are asking if you plan on attending this year to please complete the short form below and send it via email.

Our program is never complete without our musical video tribute to our children. Should you not have a slide on file with us you may submit a photo to the email below and be sure to include your child's complete name, date of birth, date of passing, cause of death (optional) and should you wish a short one or two line message to be included on the slide.

Following our service in the sanctuary we will be serving refreshments in the Fellowship room located downstairs. The food and drinks will be provided by the Steering Committee and though we appreciate the sharing of your goodies in previous years ask that no other food or beverages be brought to the church.

We look forward to, once again be hosting the Candle Lighting Memorial. Doors will open at 6:45pm and our program will start promptly at 7:00pm.

MY NAME: _____

CHILDS NAME: _____

NUMBER OF GUESTS I'LL BE BRINGING: _____

WE AGREE TO FOLLOW ANY COVID SAFETY PROTOCOL IF REQUIRED: Yes _____

A SLIDE OF MY CHILD HAS PREVIOUSLY BE USED: Yes _____ No _____

I WOULD LIKE A SLIDE OF MY CHILD MADE: Yes _____ No _____

If submitting a picture of your child for a slide, please include the following:

- > Picture in .jpg or JPEG format
- > Child's full name
- > Date of birth & Date of passing
- > Short message "We will always love you" (example) is optional
- > Cause of death is optional
- > Send info to me (Stew) at pikespeaktcf@gmail.com



Thanksgiving Marks Beginning Of Holiday Madness and Sadness

In our society we have turned the holidays into a never ending round of parties, shopping, cooking, preparations for guests or travel and stress, lots and lots of stress. It begins in October with the not so subtle reminders from our friendly retail stores. Most of us dread this time of year because as members of Compassionate Friends, we have one more item on our list and it invariably is at the top.....my child is gone.....how can I handle the holidays?

This will be my third Thanksgiving without my son. We had 35 wonderful Thanksgiving celebrations together, and now it's just me. My only child is gone, my grandchildren now live solely in their mother's world. I am not a part of that world.

But I am learning to cope with this reality. I am learning that I can hold on to the traditions that don't cause me sadness and let go of those that do. As bereaved parents we fall into a unique category. As humans we accept that the loss of parents, spouses, aunts, uncles, siblings, friends and acquaintances is inevitable. But never, never, were we taught or conditioned to the idea that our children would or could precede us in death. The very notion of this shook us to our core.

Now we have lost our child to death. Nobody prepared us for this mind numbing loss. The rules have been broken. We have no coping skills. Our friends usually can't help. Our families try, but until one endures a loss of this magnitude, the ability to fully comprehend the never ending rounds of sadness is simply not there.

We do have a support system.....we can choose to participate or simply be there, in the moment, at our Compassionate Friends meetings. Here we find our most meaningful and helpful connection with other parents.....parents who are walking the road we now walk. These bereaved parents are here to help us on this unfamiliar road. They cannot answer every question because the answers don't exist to most questions. When

will this pain end? When will life go back to "normal"? There are different types of pain and new kinds of normal. We gather each month to help each other, to lean on each other, to find hope in each other's ability to function. From this meeting of

kindred souls we do derive some solace, some peace and some hope. I have watched the newly bereaved, raw in their sadness when they first attend a meeting. As the months move forward, I begin to see a change in these parents. Each changes in a different way, for each experiences their loss and their grief process in a different way. Some changes aren't apparent for months, even a year or two. Learning that we are not alone in the grievous burden of our loss is comforting. Learning that others have developed ways to cope with the holidays, the birthdays, the death anniversaries and other special occasions gives us the hope that we, too, will one day feel comfortable in our new "normal."

I have chosen to accept this group of gentle, kind and compassionate friends as an integral part of my life. The first holidays were horrible. I learned that I had to do what I felt was right. I learned to let go of the expectations of others and live in the moment. Even if I plan to do something and change my mind, I feel no guilt. I learned that those who truly love me understand. I have found that I am truly becoming myself....my new self. It is a slow process. There are setbacks.

Holidays are extremely difficult for every parent who has lost a child.....it matters not how long ago our child died. The pain is fresh, new and raw at this time of year. This is the season for leaning on our compassionate friends, for asking questions, expressing fears, anxieties, doubts, depression and anger and for finding the comfort, hope and understanding that each of us so desperately seeks.

Annette Mennen Baldwin

In memory of my son, Todd Mennen TCF, Katy, TX

Listen To Your Heart

When your heart says "cry" but your mind says "don't," listen to your heart. It could be pride, not your mind, that is saying "don't cry," for tears are hard for one's pride to accept. Crying because your child died does not mean that you are not a strong person. Tears do not mean you are having problems with emotional instability. You are crying because you hurt. Next time your heart says "cry," listen to it. In the long run you'll feel better.

Rose Moen, Carmel/TCF, Indianapolis, IN

November, 2021

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



The Compassionate Friends Worldwide Candle Lighting

Join us on December 12, 2021

"...that their light may always shine."