

October, 2013



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Upcoming Events

October 17th - General Meeting - 7:00 p.m. - First Baptist Church
November 21st - General Meeting - 7:00 p.m. - First Baptist Church
December 8th - World Wide Candle Lighting - 7:00 p.m. - First Baptist Church
December 19th - General Meeting - 7:00 p.m. - First Baptist Church

Pikes Peak Chapter Steering Committee

Chapter Leader

Laraine Asaro-Boyd - Acting
Son, Michael Edward Anderson

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

TREASURER

FRANK SCHAGER
Daughter, Kira Ann Schager

NEWSLETTER EDITOR & EMAILINGS

STEWART LEVETT
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

BOB & YVETTE THOMPSON
Son, Ryan Barry Thompson

SC MEMBER

LEONIE CRAMER
Son, Julian Anthony King

SC MEMBER

CHAEA CHRISTIANSON
Son, Damon Vincent Christianson

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?

Our next meeting will be on October 17, 2013.

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.

You Need Not Walk Alone.

TELEPHONE FRIENDS

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

CHAPTER LEADER - ACTING

LARAIN ASARO-BOYD
Mom of Michael E. Anderson

★ 351-7653

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON

★ 573-2743

SUICIDE

LARITA ARCHIBALD

596-2575

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT

★ 531-5488

LEUKEMIA

JANE & STEVE GABRIEL

★ 282-1924

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON

(303) 814-9478

★ Please feel free to contact any Steering Committee member if you are unable to reach our Chapter Leader.



Remembering Adam, Seth, and their dad, Joel Herzog,
on the 18th anniversary of the plane crash.
I miss you with all of my heart.
Mom (a.k.a. Nancy Saltzman)



Seth William Herzog
9/23/1984 - 9/24/1995



Adam William Herzog
10/5/1982 - 9/24/1995



Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Jaden Alexander Founds	Oct 3	Kimberly Founds
Jim Agnew	Oct 4	Tom Agnew
Adam Herzog	Oct 5	Nancy Saltzman
Andy Cope	Oct 7	Debbie & Kurt Adelbush
Jack C. Jefferson	Oct 8	John & Dena Jefferson
Eric Sutton Skinner	Oct 9	David & Gail Skinner
Isaac Sartain	Oct 10	Gregory Sartain
Tucker Ray Graef	Oct 10	Kathy Graef
Anthony Lopez	Oct 14	Paul & Trudy Lopez
David Scott Mueller	Oct 16	Sandy Eversole
Mandi Eads	Oct 17	Lucy Butcher
Brent Eads	Oct 18	Lucy Butcher
Margaret McKean	Oct 18	Lilo McKean
Brian Hartzell	Oct 18	Fawn Batista
Jacob Sanchez	Oct 18	Janine McDonough, Denise Langhorst
Richard Joseph Armstrong	Oct 19	Chuck & Helen Armstrong
Michael Edward Anderson	Oct 20	Laraine Anderson
Kimberly Benson	Oct 22	Debbie Diekman
Tyler Joseph Budfuloski	Oct 23	Rob & Alice Budfuloski
Cody Austin Wilson	Oct 23	Elizabeth & Lance Wilson
Wyatt Travis Wilson	Oct 23	Elizabeth & Lance Wilson
Dawn Michelle Wiley	Oct 24	Luanne Wiley
Brian Jensen	Oct 26	Deborah Jensen
Christopher Clayton Hodson	Oct 27	Eric & Janice Hodson
Christopher Skaggs	Oct 28	Ernest & Tanya Skaggs, Carl, Annette & Felicia Cordova

WE HAVE A WEBSITE!

We now have a web presence which will allow newly bereaved parents to view information about our local chapter, our activities, donation options with much more planned for the future.

To visit our web page please load into your browser www.TCFPikesPeakChapter.org or hit the link as displayed here.

We hope that many won't need to find us but it is comforting to know we are there if they do.



Nancy Saltzman

In loving memory of my sons:

Seth Herzog and Adam Herzog

Seth's birthday: 9/23

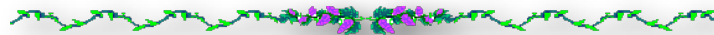
Adam's birthday: 10/5

Anniversary Date: September 24, 1995



Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
John Walther	31 years	Oct 1	Joseph Walther
Joshua C. Attardi	12 years	Oct 2	Paula Attardi
Suzanne Bethany Thomas	4 years	Oct 3	Arnie & Mary Thomas
Michael Edward Anderson	20 years	Oct 4	Laraine Anderson
Chris Hatfield	28 years	Oct 6	Cathy Hatfield, Catherine Thompson
Fermin A. Vialpando	17 years	Oct 6	Sundae F. Vialpando
Sheri Cavin	21 years	Oct 9	Susan & Alan Cavin
Jessica Stockwell	24 years	Oct 12	Mark & Sally Stockwell
Cody Austin Wilson	5 years	Oct 13	Elizabeth & Lance Wilson
Emma Riley		Oct 16	Heather Claypool
Rebecca Ann Reynolds	17 years	Oct 16	Ken and Barbara Reynolds
Melissa Sue Micke	19 years	Oct 17	Alice Micke
Aaron Paul Levett	26 years	Oct 18	Stewart & Leta Levett
Carlos Martinez	20 years	Oct 21	Marilyn Martinez & Vicki Struckle
Mandi Eads	5 days	Oct 22	Lucy Butcher
Denise Elaine Bear	20 years	Oct 24	Dona & Tanya Flores
Trevor "T.J." Franks	17 years	Oct 24	Penny Franks
Owen William Howard	34 years	Oct 25	Mike & Carol Parker
Cody Darby	20 years	Oct 27	Lori & Steve Darby
Matthew Dale Wilson	14 years	Oct 28	Raye & Rick Wilson
Cris Cruz	23 years	Oct 29	Henrietta Madrid
Michael Christopher	29 years	Oct 29	Bob & Carol Rushmore
Kimberly Denise Patterson	16 years	Oct 30	Sigrid Patterson



It is with sadness that we announce the passing of long time TCF member Colleen Mannon.

Colleen served as Chapter Leader for many years as well as on our Steering Committee along with her husband Art. Colleen was instrumental in putting together our Memorial Slide Show shown each year at our Candle Light Memorial. Many of our slides that we use today were made by Colleen and it was with her help that I put together my first slide show for The Compassionate Friends. She will be greatly missed by all who knew her. - SL



Colleen Lynne Marie Mannon has joined her precious baby, Danae, who preceded her in death as an infant in 1997, in Heaven.

After following her parents through the many moves of her father's aviation career, she and the family settled in Colorado Springs where she graduated from Air Academy High School and then from the University of Northern Colorado with a Masters Degree in Education.

Then her life became beautifully centered on children and family, both in her classrooms and in the home she established with her husband, Arthur Mannon, in 1991.

Her home and her relationships always reflected her gifts of beauty and love.

In addition to her husband, she is survived by their four children, Colton, Brianna, Janel and Evan, as well as her father, Robert (Marcia) Peterson, mother Charlene Peterson, sister Michelle (Jim) and brother Bradley (Tracie), and many Aunts, Uncles, Nieces and Nephews.



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
National - www.compassionatefriends.org

Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship.

The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. Please check the schedule for dates and times of the sessions.

Note: Times posted on the schedule are based upon Eastern Time.

www.compassionatefriends.org

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 returned unless you specify for us to keep them and place them on our Child Remembered board displayed at monthly meetings.

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.

\$0 to \$50 - A picture, if available, and dedication to be listed in the newsletter. Love Gift donations should be sent directly to our treasurer, Frank Schager 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 Frank Schager, 2235 McArthur Ave., Colorado Springs, CO 80909** ⇒
Thank you for contributing and supporting the work of our local chapter!

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: Frank Schager – 2235 McArthur Ave – Colorado Springs, CO 80909

Contributor Name & Address: _____

Relationship: ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

Photo Enclosed: ☐ Yes ☐ No

Photo To Be Returned: ☐ Yes ☐ No



THOUGHTFUL POEMS

By Jennifer L. Page

"Jennifer wrote this poem two years before she died, but her mother didn't find it until one year after she died."

I made a wish for you tonight
That the stars would sparkle in your eyes
That tomorrow the sun would shine for you
Flowers would bloom, birds would sing
And your heart would heal.

I made a wish for you tonight
That your lips would smile again
That laughter would tickle up from inside you
And let yourself feel again.

I made a wish for you tonight
That life would be good
That you would find peace and joy
That your wishes and dreams came true
And that I am part of them.

Jennifer L. Page - 08 April 01

Boise, ID Chapter of TCF

Hope

If you can look at the sunset and smile,
then you still have hope.
If you can find pleasure in the movement
of a butterfly, then you still have hope.
If the smile of a child can still warm your
heart, then you still have hope.
If you can see the good in other people,
then you still have hope.
If the sight of a rainbow still makes you
stop and stare in wonder, then you still
have hope
If for one moment you can think of your
beloved child without a tear in your eye,
then you still have hope
If you can think of a fond memory that
brings a smile, then you still have hope
If you can laugh without guilt, then you
still have hope
If you can look to the future and know
your beloved child is safe within your
heart, then you still have hope

TCF - Ireland Chapter

My friend, also a parent who is grieving her son, wrote this a few weeks ago at 3:00 in the morning.

I am Tired Of the excruciating pain in my heart & soul
I am Tired Of sobbing uncontrollably inside & out
I am Tired Of putting on a happy face & "pretending" nothing is wrong, so
people won't tell me what they think I should do or when I will be "over"
this.
I am Tired Of having no Joy
I am Tired Of the sleepless nights
I am Tired Of the image of Adam on that table in the hospital
I am Tired Of having to visit my son at the cemetery
I am Tired Of hearing "I'm sorry"
I am Tired Of saying "before Adam died"
I am Tired Of the feeling of overwhelming sadness when I hear a child has
died, because I know what that parent is going through
I am Tired Of being angry and impatient
I am Tired Of not caring how I look
I am Tired Of not caring if my house is clean
I am Tired Of people talking to me about stuff they feel is important when
I don't
I am Tired Of adding decorating my son's grave as part of holiday decor
I am Tired Of finding cards and notes from Adam knowing that I am never
getting anymore
I am Tired Of feeling selfish
I am Tired Of hearing about the "New Normal"
I am Tired Of my Faith being tested
I am Tired Of not being able to forget that phone call
I am Tired Of thinking about my Grandsons growing up with out their
daddy
I am Tired that my new friends and I have one thing in common- death of
a child
I am Tired of visiting grief counselors, psychologists and grief support
groups
I am Tired of counting the months since July 18, 2009
I AM TIRED OF MISSING MY SON!

Submitted by Pam Manning McCutcheon - TCF Website

DON'T WALK MY MILE

Walk a mile in my... NO, please don't!
Not a mile, no distance, in my shoes.
Don't feel this empty world around,
To walk my mile, you'd have to lose.

Words "Time to move on" over again,
The thoughtless, empty words spoke.
I'll shake them off, not speak my thought.
I'll listen with patience, since you don't know.

You cared enough to speak, to offer advice,
It's your good intentions, not the work, I'll hold.
My shoes worn out, forever walking the mile...
To spare you the pain, I'll continue alone.

Nona Walser 05-07-01 - Greenville, SC TCF



HEALING WORDS

From My Heart . . . To Yours

The newly bereaved parents looked around the group at the meeting and hoped and prayed they wouldn't still be attending TCF meetings 20, 30, and 40 years from now. Well actually, we at TCF hope you will be. You see, the bereaved parents who answered the call in their hearts to continue to open the door for monthly meetings and to go each and every month with arms open for hugs and tissue boxes passed around, are the one reason why you had a place to go and pour your hearts out, cry your eyes out, and feel justified in what you were experiencing since your child died.

If it were not for these bereaved parents who buried a child decades ago, there might not be anyone there to sit around and take the time to care about you, to listen with understanding, to offer support, to know what you are going through. It might have been many years ago, but those shoulders were dragging at one time, too.

Forty years ago, burying a child hurt just as much as it does for you today. Twenty years ago, the pain of loss was no different than it is for you today. These parents know. They understand. That's why they are still here. It is not because they can't move on with their own grief. It is because they want to help you move on with yours. Thank goodness someone in your area listened to the voice in their heart to start a TCF group, to organize meetings, to put out a newsletter, to answer your phone call, to share their own story. Because of that, you feel safe to share your pain. And every time you share your feelings, every time you cry with someone, every time you work through your pain, healing is slowly and silently creeping into your heart.

One day you might feel you don't need to attend any more TCF meetings. We know that time will come. We will be happy for you. But if it should happen that a little voice in your heart continues to whisper . . . "Now it's your turn to help someone else," be sure and listen, because someone else is going to have to take the place of those who have been there for so many years before you arrived.

So, look around at those who have opened the doors for you and helped you. Then listen to your heart . . . always listen to your heart.

Cathy Heider
TCF North Central Iowa Chapter

How Did Your Child Die?

In most cases we come to expect questions like this. Why should it matter? The way in which we lose our child isn't any less stressful, emotional, or devastating than the next really. Sometimes the nature of the death can make it more gruesome if there was trauma involved, or particularly sad when unexpected or in the case of a small child.

Of course we all react differently to the news of our child's passing. Sometimes, if we're there to comfort during the last hours, the grief may not be so grand. And yet many break down over the news. I remember when I was young, a neighbor went missing during a church outing in the mountains. The house remained silent for days while the family waited the fate of their son and brother. Only when the silence was broken by non-stop screaming and crying did the neighborhood learn the fate of young Joey. The very audible screaming and sobbing continued for days, maybe weeks and there was only a respite when the sedatives the mother was given kicked in.

This week marks 8 years that we received the knock on the door by the CSPD and I do remember thinking "how am I supposed to act?" but mostly I just went numb.

Then there is the stigma attached to how the child died. A child dying from an illness or an accident seems to be accepted as somehow "ok". When a child dies from a suicide, murder, drug or alcohol abuse, well that's another story. In my opinion, to be ostracized or made to feel guilty for the method in which a child died is tantamount to being racist.

What appears to be missing is the compassion towards one who has lost their child, regardless of circumstance. We ache as much as the next, our grieving mirrors yours, our need for compassion just as great.

That is our goal in The Compassionate Friends. Not to pass judgment but to respect and comfort anyone who has lost a child and help them through their grief journey.

Stew Levett - Editor, TCF - Pikes Peak Chapter



PIKES PEAK TCF CANDLELIGHT MEMORIAL SERVICE

Once again we request that you contact us to have your child's slide included in our memorial. Slides from previous years may be used again this year or you may submit new photos. Please limit your photos to (3) three along with a short dedication so everything will be viewable on the slide. Please remember, the better the photo you submit, the better your dedication will look. **Prior years' submissions will be read as a dedication if we don't hear back from you.**

DEADLINE FOR SUBMISSIONS IS SAT., NOV. 30th, 2013
To see a short sample of our Candlelight Service, go to this YouTube link: <http://www.youtube.com/watch?v=8g4uTWPbGCI>



Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 8, 2013, The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries.

Now believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.



We are quickly approaching December and with it our annual Worldwide Candle Lighting. The date this year is December 8th and once again will be held in the sanctuary of the First Baptist Church at 7:00 p.m.

Now is a good time to look through your photos to submit for our slide show. Old slides may be updated or a new one created for your child. More information about this special event will be forthcoming in next months newsletter or you may write to me should you have any questions at PikesPeakTCF@gmail.com.

Stew Levett - Editor

Your Name _____
Your Address _____
Your Phone _____ Email _____
Child's Name As You'd Like it to Appear _____

Cause of Death (Optional) _____
Child's Birthdate _____
Child's Memorial Date _____
Number of Pictures Included _____
Dedication _____

Please create my slide with information and pictures provided.
Please use last year's slide. _____ Please return pictures when finished. _____



***I heard this song today and had to pull over because
of my tears...***

TIME TO LEARN - Tim O'Brien

The hand is cold that once held mine
I can't believe you've really left this world behind
I can wait and I can hope I'll get over this in time

It takes time to learn when someone's gone for good
They're not comin' back like you wish they would
In the empty hours when you miss them so
Then it's time to learn to let them go

Your last hours we never knew
We never had a chance to say goodbye to you
Words unsaid and things undone
We'd just begun and now we'll never see them
through

It takes time to learn when someone's gone for good
They're not comin' back like you wish they would
In the empty hours when you miss them so
It takes time to learn to let them go

It takes time to learn that you're gone for good
You're not comin' back like I wish you would
In the empty hours when I miss you so
Then it's time to learn to let you go

The hand is cold that once held mine

<http://www.youtube.com/watch?v=DHGRcMwIQp8>

Dated Material - Please Deliver Promptly - Return Service Requested

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October, 2013

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Pikes Peak Chapter
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**Pikes Peak Chapter
The Compassionate Friends**