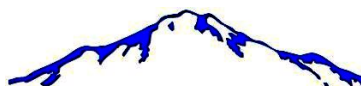




THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



October, 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!



Kaelin Donald
in memory of Kylie Kelleher

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



CHAPTER NEWS

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. Masks will be optional if you have been fully vaccinated and mandatory for those who have not. Refreshments can be brought/served but we ask that they be consumed on the carpeted area only.

We have been in contact with the First Baptist Church about hosting our meetings there again and they are ready to host us but only smaller rooms are available at this time. We will continue to be in touch with them and look forward to starting back up at the church in the near future.

Meetings are available to all members each month and we look forward to seeing you at our next meeting, **Friday, October 15th at 7:00 p.m.**



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.

The only thing that comes to my mind when trying to compare this pain to a life experience is when you skid and fall, and keep sliding. You badly scrape and cut a knee or an elbow or both. The pain is so unbearable. It's hard to move without it hurting. Your body goes into shock. When it finally starts scabbing over and healing, the slightest movement can open the wound back up; it oozes and it seeps, and you ask if this misery will ever stop! And then the healing process starts all over again.

Finally, the scab is gone, but a scar remains. At first, the scar is red and very tender until it gets used to being there. Then it becomes taut and tight! Then, one day when someone points out the scar—you say, yes, it's a reminder of a very painful accident. I see it every day, but now I am able to bend it without pain. Some days when the weather changes it becomes harder to bend. It gets stiff and hurts; it's a fresh reminder of the day I hurt it. But most days I live with it just as it is; it is now a part of me. I remember how painful it was; I remember the scab. But now, I see the scar, and sometimes it even makes me smile.

Julie Eagleston, TCF Southlake, Texas



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

Name	Birthday	Compassionate Friend
Jaden Alexander Founds	Oct 3	Kimberly Founds
Jim Agnew	Oct 4	Tom & Bev 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
Tucker Ray Graef	Oct 10	Kathy Graef
Isaac Sartain	Oct 10	Gregory Sartain
Westly Cox	Oct 11	Karen Talbott
Everett Zenthoefer	Oct 12	JP & Amanda Zenthoefer
Nelia Rosemary Lang	Oct 13	Shannon & Cade Lang
David Scott Mueller	Oct 16	Sandy Eversole
Mandi Eads	Oct 17	Lucy Butcher
Brian Hartzell	Oct 18	Fawn Batista
Jacob Sanchez	Oct 18	Denise Langhorst, Janine
McDonough Margaret McKean	Oct 18	Lilo McKean
Brent Eads	Oct 18	Lucy Butcher
Richard Joseph Armstrong	Oct 19	Chuck & Helen Armstrong
Michael Edward Anderson	Oct 20	Laraine Asaro Anderson
Tyler Hardy	Oct 21	Liz Hardy
Kimberly Benson	Oct 22	Debbie Diekman
Wyatt Travis Wilson	Oct 23	Elizabeth & Lance Wilson
Cody Austin Wilson	Oct 23	Elizabeth & Lance Wilson
Tyler Joseph Budfuloski	Oct 23	Rob & Alice Budfuloski
Tiffany Michele Geisbert	Oct 24	Kimberly Hougaard
Dawn Michelle Wiley	Oct 24	Luanne Wiley
Stephen James Benjamin	Oct 24	Kathy Benjamin
Matthew Alan Haywood	Oct 26	Roger Haywood
Christopher Clayton Hodson	Oct 27	Eric and Janice Hodson
Christopher Skaggs	Oct 28	Ernest & Tanya Skaggs
Thea Kimberlin	Oct 30	John Kimberlin
Christopher Russell Tyson	Oct 30	Cory Lynn Tyson
Genie Thomas	Oct 31	Jamie Thomas



REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

Name	Age	Anniversary	Compassionate Friend
Zachary Conner	19 years	Oct 1	Bryan & Michelle Conner
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
Dakota Willmann	27 years	Oct 3	Erin Welch
Michael Edward Anderson	20 years	Oct 4	Laraine Asaro Anderson
Casey Olivia-Dyan Siegel	5 days	Oct 4	Lawrence & Shonda Siegel
Sabrina Stanard	15 years	Oct 5	Ramah Stanard
Vadah Lynne Blocker	1 year	Oct 6	Sterling Blocker
Chris Hatfield	28 years	Oct 6	Cathy Hatfield
Fermin A. Vialpando	17 years	Oct 6	Sundae F. Vialpando
Charles MacDuff	18 years	Oct 7	Cheryl & Melissa MacDuff
Thomas Cooper	24 years	Oct 8	Marianne Lawless
Sheri Cavin	21 years	Oct 9	Alan Cavin
Chris Keenan	22 years	Oct 11	Julieanna Bala
Everett Zenthoefer	1 day	Oct 12	JP & Amanda Zenthoefer
Sam Bracchi	20 years	Oct 13	Michael & Colleen Bracchi
Nelia Rosemary Lang	1 day	Oct 13	Shannon & Cade Lang
Caleb Norris	13 years	Oct 13	Keith Norris
Cody Austin Wilson	5 years	Oct 13	Elizabeth & Lance Wilson
Emma Riley	1 day	Oct 16	Heather Claypool
Rebecca Ann Reynolds	17 years	Oct 16	Ken and Barbara Reynolds
Kylie Kelleher	31 years	Oct 17	Kaelin Donald
Melissa Sue Micke	19 years	Oct 17	Alice Micke
Aaron Paul Levett	26 years	Oct 18	Stewart & Leta Levett
Bryan Michael Womeldorff	27 years	Oct 19	Shawn Brown
Chris Weisenborn	20 years	Oct 20	Gina Weisenborn
Carlos Martinez	20 years	Oct 21	Marilyn Martinez
Mandi Eads	6 days	Oct 22	Lucy Butcher
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
Santiago Ruiz	2 months	Oct 27	Miriam Ruiz
Daniel Stafford Gettman	31 years	Oct 28	Louise Gettman
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



Where Does The Sister Come In?

MY brother was killed
He was murdered for no reason at all
My pain is so sharp, so close.
But THEY think I shouldn't
be suffering as much...
As much as his wife,
who grieves for her love and her future.
As much as his son, who will never know his daddy.
As much as his parents,
who have lost their only son,
their first born, their child.
I have lost my closest friend, the man I
Admired most in my world: The person I
Spent most of my free time with—only
For the company; the person I played Yahtzee with
until 2 a.m., knowing I'd beat him soon: the boy I
grew up
With and followed around constantly; the Love that
only a brother and a sister can Know; the respect
he had for me; the talks
And the personal jokes.
I have lost my brother.
It hurts just as much.

~ Bridgette Huard - TCF Fargo, ND

It's the Thought That Counts

Often in times of trouble we don't know what to say,
So we choose to say nothing, and sometimes run
away. When friends are really hurting, we don't
know what to do, So we offer weak excuses
or say we're hurting too.
It really doesn't matter what kind of gift we bring;
We only need to be there if we don't bring a thing.
It truly is amazing what a hug can do,
When heartache numbs the senses, and friends
depend on you. There's comfort just in knowing that
you are not alone, When tears are overflowing, and
hearts are cold as stone. It's the loving prayers of
others that balance our accounts,
For when we measure love,
it's still the thought that counts.

~ Clay Harrison, TCF/North Shore Boston

HALLOWEEN

Halloween has always been a special
holiday to me. I regret that our son only had
a one-time experience at this magical time of
year. I remember, as though it were
yesterday, the wonder in his face, how he
tried to eat the candy through his mask, how
he said "Thank you." without any coaxing.
Then, I think of all the parents whose child
never had the opportunity, and I am grateful
for that one time. It's hard watching all the
other children trick-or- treating, and yet,
there is something special about this season
that comforts me. As I watch the trees
around me, I am reminded that there is a
beauty, even in their dying leaves There's a
special aroma, a breathtaking color scheme,
and if you listen, a rustling in the air.
I believe there is a message in Fall. I believe
God wants us to know that death is like a
change of seasons, that our children now
know far more beauty than we can ever
imagine. Like the tree that lives on through
the barren winter and comes alive again in
Spring. Our children are not gone. They live!

Nancy Cassell, TCF/MonmouthCounty, NJ

Take This Thread - Take this thread of hope and let
it be a new beginning—a thread in the new fabric of
life you must now weave. Choose your color: You
have known the blues and sunk deep into them, yet
also known the calming of a cloudless sky. You
have known reds, sublime sunsets, flashes of
anger, flames of passion. What about green? You
have known the gentle cushion, the balmy
restfulness of a grassy verge. Known also the
green-eyed monster, jealous of those who still have
what you have lost. You have seen the sunny
yellows absent for a while now overtaken by gray.
Choose these threads of hope, draw them together;
take the positives, turn the grays into silvers.
Remember how it was and know you will once
again, some time, come to that place of harmony.
But first, choose your threads carefully and much
later, much stitching later, weaving, working. After
much hard work, love, and care, your fabric will
glow again a different fabric. For it can never be the
same, but it will be beautiful, a new form of
beautiful.

Carolyn S., TCF Walcha, New South Wales



The Feelings Bereaved Parents Share Have Not Changed Over the Centuries

A month after he lost his daughter, Tullia, in February of 45 B.C., Cicero wrote to his friend, Atticus: "It is like you to want me to recover from my grief, but you are my witness that I have not been remiss on my own behalf. Nothing has been written by any author on the alleviation of grief which I did not read....But my sorrow is stronger than any consolation. I have even done something which I imagine no one has ever done before, consoled myself in a literary composition. I can assure you there is no consolation as effective as this. I write all day long, not that I do myself any real good, but just for the time being it distracts me—not indeed enough, for grief is powerful and importunate; still it brings a respite. And I try all I know to bring my face if not my heart back to composure...you will not be able to feel towards me as in the past. The things you liked in me are gone for good."

The Old Yellow Truck

Several weeks ago I sold my old, rusty yellow pickup truck. I placed an ad in the Baltimore Sunday paper which read:

For Sale = 1978 Toyota pickup truck, 110K miles – as is \$450. Call.

Someone called, paid me \$400, and drove away—all in the same day. I should have been happy to get rid of it, but instead, I ended up feeling depressed.

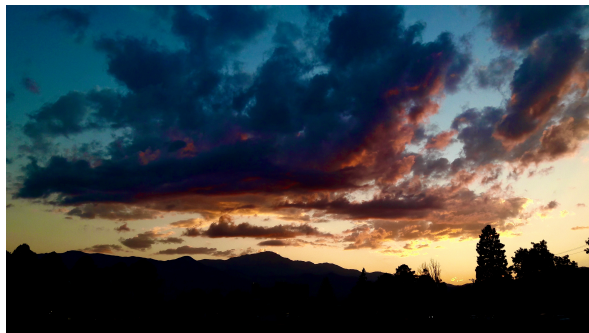
If I could have advertised the truck in our TCF Newsletter, the ad would have read:

For Sale (regretfully) 1978 Toyota pickup truck used by college student when he was home for weekends or semester breaks. Provided safe transportation through a snowstorm on his last New Year's Eve. Four-speaker stereo radio with rock music stations preselected. Ashtray clean except for old bank receipts. Truck used by father for hauling things while thinking about son. Priceless. Don't call.

It has been 18 months since my son died, and yet it is still difficult to part with certain things—even things that did not belong to him. This is a problem with which we are all faced. What to keep? What to let go? The practical side of us says these things are no longer needed, so we should get rid of them. The heart says my son owned these things or used them; they bring back memories, so we should keep them.

There is not a right or wrong answer as to what we keep or what we let go. I reassure myself by noting that these memories of my son didn't leave with that old yellow truck. They still remain locked in my heart forever.

Gary Piepenbring, TCF/Penn-Maryland Line Chapter, MD



On August 20th we had our annual Memorial Balloon Launch at Bonforte Park. A small but dedicated turnout saw moderate temperatures (a scattering of park bench bees) changing winds to whisk our balloons away and a beautiful sunset to end our evening. A reading of *"An Old Man Reminisces On Dying"* was read along with the playing of Alan Pedersen's song *"Celebrate the Children"*. We wish you could have joined us!



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



October, 2021

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