



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



October, 2019

STEERING COMMITTEE

CHAPTER LEADER
Currently Open

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/FACILITATOR
Chaela Christianson
Son, Damon Vincent Christianson

SC MEMBER/WELCOME PACKETS
Leta Levett
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR
Ron Agee
Daughter, Melody Victoria Agee

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 *

ADULT CHILD / SUDDEN DEATH
CHAE LA CHRISTIANSON - 719-687-6688 *

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

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?

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 next meeting will be held on Oct. 17, 2019



*Steering Committee



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!



Grief Recovery After a Substance Passing

Colorado Springs Chapter of GRASP
Support Group for those who love someone
who died from substance use disorder.

Second Wednesday of Each Month
Springs Recovery Connection at
The Sanctuary Church, 1930 W. Colorado Ave.
Colorado Springs, CO 80904

New-Comers, Please Pre-Register:
Sheri Barger: SheriBarger@icloud.com
Becca Wesselman: wesselwoman@q.com
www.grasphelp.org

To A Child Gone

I thought I was ahead of you in line.
You would take your turn after I took mine.
Like we did before.
I guess you don't need new shoes for starting heaven.
Or a light left on against the dark, the way I always did.
But I'm so used to parenting,
I wanted just to be there - to do whatever needed to be done.
But you went first.
And now, my little one, Suddenly you are MY senior.
Morning, I know, will come, But, bring close your light .
This time it is I who fear the night.

Author Unknown



PIKES PEAK TCF CANDLELIGHT MEMORIAL SERVICE

Once again we request that you contact us to have your child's slide included in our memorial. Our library contains hundreds of pictures and slides, many of which the families of these children have moved out of the region or are no longer with us. For this reason we will only use slides from the past 10 years (2009) unless notified by you for your child's slide inclusion.

Slides from previous years may be used again this year or you may submit new photo for us to update your slide. Please limit your photos to (2) two 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.

DEADLINE FOR SUBMISSIONS IS SUNDAY, DEC. 1st.

Worldwide Candle Lighting Sunday, December 8, 2019 @ 7pm

Doors Open at 6:45 p.m.

It takes only you and one candle to join hearts with the world!

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. Candles are lit at 7 p.m. local time creating a 24-hour wave of light as it moves from time zone to time zone in honor of all the children whose memories we treasure in our hearts. The virtual wave of light of hundreds of thousands of persons commemorates and honors children in a way that transcends all ethnic, cultural, religious, and political boundaries.

On Sunday, December 8, 2019, hundreds of formal community candle lighting ceremonies will be held in parks, churches, and other public places by TCF chapters, allied organizations, and informal groups. 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. Visit The Compassionate Friends national website at www.compassionatefriends.org for location information about the Worldwide Candle Lighting and memorial services. A special remembrance book will be available the day of the candle lighting on the TCF national website and all are welcome to post a message of remembrance. Thousands of messages are received and posted from every U.S. state, Washington D.C., every territory, as well as dozens of other countries.

We do this . . . that their light may always shine!

Send to: Stew Levett
160 El Dorado Lane
Colorado Springs, CO 80919

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. _____



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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.

Dona Sanders, Son Christopher Clark

Ruth Woods, Sons Frank Eric Woods and Ken Woods

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

Kathleen McClelland & Corey in memory of
Shawn McClelland

Chaela Christianson in memory of
Damon Vincent Christianson

Chaplain Eugene Steinkirchner
Love Gift Donation - CSPD

HOW WE HEAL

The first year you are blinded by the intensity of the freshness of the pain. The second year you hurt so bad when you finally realize that what happened the year before is, indeed true.

The third year is a bit better as you start to cope with the reality of your child's death.

The fourth year is better still and you actually find yourself smiling at times.

The fifth year you start to feel almost whole again and though the memories of that day are still fresh, life is taking on a new normalcy.

The sixth year you find the fond memories of your child far outweigh the unpleasant.

The seventh year starts to bring a healing that you never thought would occur during that first year.

Stew Levett - TCF, Pikes Peak Chapter

Digital Picture Frame - If you've been to one of our monthly meeting then you've noticed our large digital picture frame displaying picture of our children. Should you be interested in adding your child's picture to our display, please bring a picture to scan to our meeting or (preferred) email the picture, along with child information to Stew Levett at PikesPeakTCF@gmail.com
Pictures will be returned after they have been scanned and your child's slide completed.

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

National - www.compassionatefriends.org

Goodbyes hurt the most when the story isn't finished.



Remembering Our Children On Their Birthdays

Child's Name	Birthday	Compassionate Friend
Andrea Bartmess	Oct 3	Wilma Cotten
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 Zenthoefner	Oct 12	JP & Amanda Zenthoefner
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 Anderson
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
Dawn Michelle Wiley	Oct 24	Luanne Wiley
Tiffany Michele Geisbert	Oct 24	Kimberly Hougaard
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
Christopher Russell Tyson	Oct 30	Cory Lynn Tyson
Thea Kimberlin	Oct 30	John Kimberlin
Genie Thomas	Oct 31	Jamie Thomas

How Long Does It Take?

As long as it takes, that's how long it takes. It's not about forgetting. It's about hurting. And I know that if I am alive twenty-five years from now, and I happen to look at the blue sky with puffy clouds and think of my son, Fred, and figure out how old he'd be and what he'd be doing, and what is children should be doing - I'll hurt.

And I know that when I can switch my train of thought from what is not, to what was (a happy memory), I'll be able to smile through the tears.

We don't stop hurting, ever. But so many things occur each day, so many events and thoughts and happenings intervene - that our focus is shifted. The death of our child changes from the main concern in our life, to a concern of many.

A life may stop, but the loving goes on forever. To love deeply is to be vulnerable. . . for all our days.

Joan Schmidt, TCF, Central NJ Chapter



Remembering Our Children On Their Anniversaries

Child's Name	Age	Anniversary	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 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
Andrea Bartmess	28 years	Oct 8	Wilma Cotten
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 Zenthoefter	0 years	Oct 12	JP & Amanda Zenthoefter
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	0 years	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
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, Vicki Struckle
Mandi Eads	6 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
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 Rushmore	29 years	Oct 29	Bob & Carol Rushmore
Kimberly Denise Patterson	16 years	Oct 30	Sigrid Patterson





A death by suicide triggers great amounts of anger and guilt. However, some of those feelings can be balanced by struggling to see that the suicide was not so much a deliberate, hostile act, but a gesture of utter hopelessness and despair. Reminders that the person was so driven by emotional whirlwinds that it was impossible to sense any ray of hope can temper, considerably, the emotional impact of a death by suicide. One of the best responses to a suicide that I have ever heard came through a sermon delivered by the pastor of a young man who shot himself. With great eloquence, his pastor was able to convey tremendous hope through these words.

"Our friend died on his own battlefield. He was killed in action fighting a civil war. He fought against adversaries that were as real to him as his casket is real to us. They were powerful adversaries. They took toll of his energies and endurance. They exhausted the last vestiges of his courage, and only God knows how this child of His suffered in the silent skirmishes that took place in his soul."

~Excerpt from "Helping Survivors Survive," Victor M. Parachin, Bereavement Magazine, January 1991

Journey's Suicide

When someone takes their own life
It causes so much pain.
The hurt it runs so deep,
Never to be the same.
Many people filled with guilt
Asking why didn't I see?
Such a senseless act
Why aren't you here with me?

It matters not the reason
Or who has done the deed
To heal and forgive myself
These are a parent's greatest need.
So when you look back and remember,
All the wonderful things with them you were a part
Let them comfort and sustain you
Carry them forever in your heart.

By Toni Hamilton, TCF McMinnville, OR

I Can Choose...

To Be A Survivor... OR To Be A Victim

To seek out people and resources who will listen and care when I need support
OR retreat from life and isolate myself from sources of support

To search for meaningful things to give my life a sense of purpose
OR decide I have no hope or purpose in life and that I have nothing to live for

To realize that loss is only one of the many factors in my life
OR see myself only as a bereaved parent and allow this to blacken and disrupt all aspects of my life.

To communicate with family and friends when I need information & help
OR wait for others to discover what I need, getting angry and pitying myself when they don't.

To accept what is gone and out of my control and act on what I can do
OR constantly pity myself over what has changed and what I can't do

To try to understand how my family feels - they hurt too
OR feel that absolutely no one can understand me and what I am going through

To look for ways to fight back against negative feelings
OR feel that I am helpless and at the mercy of fate.

To talk about fears with someone I trust
OR bottle up fears and horrors that are unexpressed and let them have power over me.

To accept my grief as a recovery process in my recovery from loss
OR be ashamed of my grief and pretend all is well to protect others' discomfort.

To be angry at the circumstances of the death and seek comfort and strength from God or others
OR blame God for my circumstances and become angry, bitter and alienated from Him.

Adapted from "Positive Patterns of Survival" a segment of the "I Can Cope" course TCF, Australia

October, 2019

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



The Compassionate Friends

Worldwide Candle Lighting

Join us on December 8, 2019

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