



**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

**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!**



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)



## Welcome New Friends.

Jane Radcliffe - Son Bill Radcliffe

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.

### 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 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 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 month's meeting was attended by fifteen members. Won't you join us this month? Mark your calendars for Friday, October 15th at 7:00 p.m.

## Meet the Members of Your Steering Committee

### JANE GABRIEL



My husband Steve (Lt. Col, USAF Ret) and I (retired teacher/college English instructor) have called Colorado Springs home since 1989. We have 2 sons, Jonathan and Jason. Jonathan died after a year-long battle

with a rare form of leukemia on July 31, 1991. His younger brother Jason (age 31) is an aerospace engineer on active duty with the Air Force, currently stationed in Washington, D.C. In his spare time, he loves to fly his hot air balloon, *The Spirit of '76*, with Steve and me as members of his chase crew.

Steve and I attended our first TCF meeting in Sept of 1991. By 1994, 3 years into our grief journey, we were more actively involved in helping the Pikes Peak Chapter of TCF serve bereaved parents who came looking for support. Steve took over maintenance of the Chapter database, and I became a Steering Committee member, a Chapter meeting facilitator, and took care of the monthly mailings of the hard copies of our Chapter newsletter. We have served in these capacities during the past 25+ years, in loving memory and in honor of our Jonathan.

One of my favorite Chapter activities is our yearly Candlelight Service, held each December. It has a special place in my heart because I was the prime organizer and facilitator for our Chapter's Candlelight Service for several years. Thankfully, I'm not the sole organizer anymore; our annual Candlelight has evolved into a beautiful tribute to our children, organized and facilitated by the current and past steering committee members. It is truly a labor of love in honor of our own children and the children of our Members. For me, the most poignant and meaningful part of our current Candlelight Service is the slide show of our children, lovingly crafted by Stew and set to beautiful music. I never get tired of seeing those beautiful faces, frozen in time...every one of them so precious, so loved, so missed. The slide show also gives Steve and me an opportunity to pay tribute to our son, remember him with smiles and tears, and do all that in the company of others who truly understand our pain and loss. The grief journey is easier when it is shared: *"We need not walk alone, we are the Compassionate Friends"*.



REMEMBERING OUR CHILDREN ON THEIR BIRTHDAY

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
Isaac Sartain	Oct 10	Gregory Sartain
Tucker Ray Graef	Oct 10	Kathy Graef
Westly Cox	Oct 11	Karen Talbott
Everett Zenthofer	Oct 12	JP & Amanda Zenthofer
Nelia Rosemary Lang	Oct 13	Shannon & Cade Lang
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
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
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
Thea Kimberlin	Oct 30	John Kimberlin
Christopher Russell Tyson	Oct 30	Cory Lynn Tyson
Genie Thomas	Oct 31	Jamie Thomas



In Memory of Karen-Jean Slade  
By Sheila Slade





REMEMBERING OUR CHILDREN ON THEIR ANNIVERSARY

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
Dakota Willmann	27 years	Oct 3	Erin Welch
Michael Edward Anderson	20 years	Oct 4	Laraine 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
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 Zenthoefler	1 day	Oct 12	JP & Amanda Zenthoefler
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
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
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



**Damon Vincent Christianson**  
**5/30/77- 7/3/2010**



**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'm going through.**

**To look for ways to 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 and others  
OR blame God for my circumstances and become angry, bitter, and alienated from Him.**



In an effort to be good stewards of our resources, we want to send the newsletter to only those who want it. If you wish to discontinue the newsletter, please email [pikespeaktcf@gmail.com](mailto:pikespeaktcf@gmail.com) and we will remove you from our mailing list.

### THE FALL OF FALLS

What is it about the season that takes me back in time  
Everything I do, I find you are on my mind.  
Haunting dreams find me at night when I try to sleep  
And every little detail is replayed, and the sadness falls so deep.  
Something about the close of summer seems to bring it back  
Making it so hard to move onward and stay on track.  
Something about the dying and fading of the trees  
Brings my heart to sorrow, with the falling of the leaves.  
How I long to stop it, to keep the fall away  
But time marches on, and summer just won't stay.  
I know with the fall, winter's not far behind  
Another lonely season, and the memories flood my mind.  
I cry my tears of sorrow, and pray for spring to come  
A rebirth of the earth, and the warmth of the sun.  
It makes the memories softer and gentler to recall  
But now my life is saddened with the nearing of fall.  
by Sheila Simmons

### THE MASK

People say, "Oh my, Oh my,"  
It's amazing how you're getting by.  
I don't think that I could be  
So strong if such a thing happened to me.  
But how come such persons  
Are never around  
When I remove the face of a clown?  
And there for all the world to see,  
Is a person destroyed by a tragedy.  
So I look at these people and give a grin  
Hiding the sickness I feel within,  
And hope that I will find a way  
To get me through another day.  
~ Loraine Rodriguez TCF North GA Chapter ~

### Autumn

In the fall  
When amber leaves are shed, Softly—silently  
Like tears that wait to flow,  
I watch and grieve.  
My heart beats sadly in the fall; 'Tis then I miss you  
most of all.  
Lily de Lauder TCF Van Nuys, CA

### Searching

Once again, my list has vanished;  
it was here, but now it's missing.  
Keys and glasses disappearing,  
books and letters overdue.  
I'm forever searching, searching,  
they must be here, and I need them!  
Could it be that what is missing,  
what I want this very minute,  
Could it be that what I'm really searching  
for, my child, is you?  
Joyce Andrews, TCF, Sugar Land, TX

### I WONDER

May I tell a stranger about my loss?  
Will they turn away, or change the subject if I do?  
But can I tell a life-long friend, or will he say "Enough,"  
or not a thing at all (My LIFE-LONG FRIEND?)  
I wonder.  
Must I say I'm feeling fine, my world is bright and gay,  
when I am tortured inwardly they say I am doing fine,  
And then reward them with a crooked smile?  
Or should I lash out thunderously, and rant, and shout,  
and rave, My child is dead, don't you understand?  
Please don't give me all your platitudes,  
your sick, time-worn cliches!  
Just listen to me, hear me, let me talk.  
Will they? I wonder.  
Or am I just angry? I wonder.

Dave Ziv  
TCF BucksMont Chapter, Warrington PA





The Compassionate Friends  
Pikes Peak Chapter  
PO Box 51345  
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