



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

December, 2010 Newsletter

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Upcoming Events

December 12th - World Wide Candle lighting Observance - 7:00 p.m. - First Baptist Church
December 16th - General Meeting - 7:00 p.m. - First Baptist Church

TELEPHONE FRIENDS

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

CHAPTER LEADER		
LARAINÉ ANDERSON		351-7653
INFANT LOSS		
COLLEEN & ART MANNON		535-9868
TODDLER / YOUNG CHILD LOSS		
BOB & YVETTE THOMPSON		573-2743
LEUKEMIA		
JANE & STEVE GABRIEL		282-1924
TEEN / YOUNG ADULT LOSS		
BARB REYNOLDS		599-0772
SUICIDE		
LARITA ARCHIBALD		596-2575
DRUG / ALCOHOL LOSS		
STEWART & LETA LEVETT		531-5488
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?

Our next meeting will be on December 16th, 2010.

It is often difficult to attend your first meeting, but those who do find an atmosphere of support from other parents who understand a parent's grief. Nothing is asked of you; there are no fees; you do not have to speak a word if you do not care to. If you are more comfortable bringing a friend or relative along with you, please do. Many find these meetings help them to heal; and together we learn to live with our loss. We learn that *we need not walk alone.*

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: National - www.compassionatefriends.org
Colorado - www.tcfcolorado.org

Let Us Include Your Child in Our Memorial Slide Show

We would love to include your child in our Memorial Slide Show.

Share a picture or two, write a few lines of dedication and we'll put a slide together for you that will be added honoring our children on this special day.

Our memorial service is held in the sanctuary of the First Baptist Church, downtown on the corner of Kiowa and Weber.

See Page 2 in this newsletter for more information.





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TCF CANDLELIGHT MEMORIAL

Now is the time to be thinking about submitting your photos and dedications for our annual TCF Candlelight Memorial on December 12th.

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 and your dedication should be short 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 SATURDAY, DECEMBER 4th, 2010

Join us for
The Compassionate Friends
Worldwide Candle Lighting
December 12, 2010!

Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 12, 2010, 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.



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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Remembering Our Children On Their Birthdays

<u>Child's Name</u>	<u>Date of Birth</u>		
<u>Age at Death</u>	<u>Date of Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Robbie Rickman	Dec 1		
21 years	Dec 25	Auto accident	Jean Rickman
Abraham Daniel Boukhari	Dec 2		
18 years	Apr 4	Auto accident	David & Deborah Woodrow
Dwayne Stoppel	Dec 3		
45 years	Nov 8		Pearl Stoppel
Derek Matthew Chandler	Dec 4		
14 years	Jul 29	Truck/ATV accident	Billy & Cherie Chandler
Steven Ellis Erickson	Dec 5		
19 years	Oct 28	Auto accident	Jaque Baldwin
Konrad Ferrer	Dec 7		
16 years	Nov 27	Auto accident	Maria Hymes
Nicole Maria Kelley	Dec 8		
4 years	Aug 28	Anesthesia complications	John & Lois Kelley
John Walther	Dec 8		
31 years	Oct 1		Joseph Walther
Zachary Nathaniel James McClary	Dec 9		
17 years	Sep 21	Drunk driver	Gloria & James Olsen
Matthew Stockwell	Dec 11		
25 years	May 15	Rare disease	Mark & Sally Stockwell
Daniel J. Whisler	Dec 11		
38 years	Jun 27	Brain tumor	JoAnn Mowdy
Scotty Strader	Dec 11		
24 years	Oct 28	Auto accident	Kathrine Strader
Kristen Amanda Teran	Dec 12		
23 years	Dec 28	Suicide	Donna Loughridge
Bradly Garrard	Dec 12		
18 years	Aug 1	Unknown	Sally Garrard
Rachael Samulenok	Dec 12		
26 years	Sep 28	Waiting for heart transplant	Megan Samulenok
Kristopher Lohrmeyer	Dec 13		
17 years	Jul 16	Murdered	Dan and Lori Lohrmeyer
Paul Anthony Fischer	Dec 14		
32 years	Jan 6	Auto accident	Stephanie Newcomb
Noelle Pearl	Dec 15		
17 years	Feb 13	Auto accident	Michelle Fleming
Chris Reiter	Dec 18		
28 years	Dec 27	Auto accident	Sharon Reiter



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Remembering Our Children On Their Birthdays

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Nathaniel Hughes 18 years	Dec 19 Aug 21	Homicide	Jim Hughes
Timothy Patrick Shea 21 years	Dec 22 Mar 31	Suicide	Joe & Paula Shea
Nicolas Jay Broughton 18 years	Dec 23 May 30	Auto accident	Rose Broughton
Katie Kennedy 15 years	Dec 23 Sep 10	Cancer	Van & Kathy Kennedy
Trevor "T.J." Franks 17 years	Dec 24 Oct 24	Auto accident	Penny Franks
Davey Christopher Hoffman 18 years	Dec 24 Sep 25		Elaine Hoffman
Sheri Cavin 21 years	Dec 27 Oct 9	Auto accident	Susan & Alan Cavin
Anthony Anselmo 22 years	Dec 28 Dec 21	Accidental fall	Vicki & Frank Anselmo
Megan Lane 18 years	Dec 28 Jan 27	Auto accident	Sandra Gail Lane
Chelsey Ann Kear 15 years	Dec 29 Aug 5	Suicide	Tami Kear
Lindsay Jean Morris 20 years	Dec 30 Apr 12	Cancer	Linda Morris

Remembering Our Children On Their Anniversaries

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Mitchell Lynn Faires 39 years	Apr 8 Dec 2	Sudden Illness	Sammie White
Eric Sutton Skinner 19 years	Oct 9 Dec 4	Clinical depression	David & Gail Skinner
Mia Allyson Gardiner 16 years	Aug 22 Dec 4	Car accident	Peri Gardiner
Josh Huston 23 years	May 27 Dec 5	Heart failure	Rodney & Michelle Moreno
Renee Lee Seiberlich 1 year	Jun 6 Dec 5	Reyes Syndrome	Joe & Leda Seiberlich
Marc Darby 12 years	Mar 25 Dec 12	Respiratory failure	Lori & Steve Darby



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Remembering Our Children On Their Anniversaries

<u>Child's Name</u>	<u>Date of Birth</u>		
<u>Age at Death</u>	<u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Joseph Gentry Richardson	Apr 6		
1 year	Dec 13	Liver transplant complications	Jack & Miriam Gentry
Ember Maria Arthur	Feb 16		
30 years	Dec 17	Collision	Jeanette Newville
Ethan Ford Mosman	Feb 5		
7 years	Dec 18	Auto accident	Christi & Mike Mosman
Audrina Elyse Escano	May 25		
18 years	Dec 20	Severe asthma attack	Chris & Christina Pearson
Anthony Anselmo	Dec 28		
22 years	Dec 21	Accidental fall	Vicki & Frank Anselmo
Patrick Niedringhaus	May 5		
18 years	Dec 22	Avalanche victim	Leah & Dave Niedringhaus
Tyler Glicken	Feb 8		
19 years	Dec 22	Car accident	Ginger Jones
Robbie Rickman	Dec 1		
21 years	Dec 25	Auto accident	Jean Rickman
Henry Rael	May 13		
37 years	Dec 26	Accidental drug overdose	Isabelle, Ron & Maria Rael
Henry Rio	May 13		
37 years	Dec 26	PTSS	Isabelle & Ed Rio
Chris Reiter	Dec 18		
28 years	Dec 27	Car accident	Sharon Reiter
Kristen Amanda Teran	Dec 12		
23 years	Dec 28	Suicide	Donna Loughridge
Brian Jensen	Oct 26		
28 years	Dec 29	Suicide	Deborah Jensen
Mary Hope Burton	Aug 27		
7 years	Dec 30	Perforated gastric ulcer	Jim & Betty Burton
Michael Zwirlein	Apr 3		
25 years	Dec 31	ADEM - Brain infection	Chris Zwirlein
Julian King	Mar 18		
21 years	Dec 31	Murdered	Leonie Cramer
Matthew Flint	Jun 14		
26 years	Dec 31	Suicide	Cathy Flint



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Love Gift Donations

Our chapter exists entirely through your donations which are tax deductible. Love Gifts enable us to continue our outreach to bereaved parents through our many chapter activities. 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.

These items must be received by the 10th of the month preceding the issue in which you would like them to appear. Love Gift donations should be sent directly to our treasurer, Frank Schager whose address is listed on the Love Gift Donation Form.



Tell us what you want. Is there something specific that you'd like to see? Perhaps more stories or articles on healing? Recommendations for books or poems written by other TCF members?

Do you have a poem or a prayer, story or picture that you would like to share? We also welcome your contributions to our newsletter whether original or something you may have read. If submitting something you've read or know is copyrighted material, you must obtain written permission from the author prior to us going to publication.

Please address any submissions to:

Stew Levett
160 El Dorado Lane
Colorado Springs, CO 80919

Or write to: Stewart@Archangelgifts.com

Submissions need to be received by the 10th of the month to be included in the following month's newsletter. Thank you.

LOVE GIFT DONATION

Your Name _____

Child's Name _____

Date of Birth _____

Anniversary Date _____

Dedication _____

Picture Enclosed: YES NO

Mail to:
Frank Schager
2235 McArthur Ave.
Colorado Springs, CO 80909

Angel Eyes: Giving Comfort, Providing Hope

Our group offers bereavement services for parents, families, friends and caregivers who have been affected by the sudden unexpected loss of an infant or toddler. This group offers you a comfortable place to heal and learn how to live with your loss. Nothing is asked of you; you do not have to speak if you choose not to.

People who have received bereavement services report that it is very helpful for them to have people to talk to who can understand the grief of losing an infant or young child. This group is a safe place where you can talk about both your grief and the precious memories you have of your child. Each month we will begin with a particular topic, talk about how you might be affected and have time for general sharing.

The group is led by an ANGEL EYES social worker whose mission is to help families and others cope with the sudden, unexpected death of an infant or toddler throughout the state by providing a range of bereavement services. For additional help and information: **Angel Eyes 1-888-285-7437**

Web site: www.angeleyes.org

Meetings are held the 3rd Monday of the Month

Location: Colorado Springs Penrose Library, 20 N. Cascade Ave
Time: 6:30 p.m. - 8:30 p.m.

There is no cost and parking is free at the meters after 6:00 p.m.



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Christmas Has No Color

Christmas has no color now

*Since you were torn away.
Twinkling lights and wrappings bright
Are only shades of gray.*

*I thought we had a hundred years
To say what you meant to me.
How could I have known we'd had our last time
Spent 'round the Christmas tree.*

*Christmas has no color now
The tomorrows come no more.
I'll never see your face again
Appearing at my door.*

*If I had only known back then
Your life so soon would end,
I'd have hugged you close with all my might
For I'd had no better friend.*

*It's too late now to make amends
For all I'd meant to do.
Though Christmas has no color now
I'll always remember you.*

Stephen Willis(sibling) Son of Nancy Willis
TCF Nashville, TN Written in tribute to Angela



How Many Stockings Shall I Hang?

What a torment! Funny how you worry what your friends will think. For days I worried...and finally hung three stockings on the fireplace and laid one gently on the mantle.

But that was last year. This year I shall hang all four above the fireplace. For this year, the confusion of my mind has found new answers with conviction.

Whether my oldest daughter lives in Tucson, or my youngest son is dead – these are my children – our family – and as long as we hang the Christmas stockings, we shall hang them all – with love.

Shirley Melin ~ TCF-Hinsdale, IL





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A Santa Claus parade - a troop of Christmas angel twirlers - a little brother's question - "Do you think Amy's there? She's an angel! Isn't she? Maybe she came down for Christmas...."

Four - count them - one, two, three, - a walk in the woods to search for the perfect tree - one's missing - but a yesterday - there's the fourth; running, excited, covered in mud and snow - a runny nose - frosted cheeks - a Christmas twinkle in the eye - four of them - see - one, two, three.....

We wrap ourselves for the holidays much like the presents we give. The brightly colored paper hides what's within. When people look at us they only see the outside.

We promise ourselves we will not come unwrapped. We'll make it through the family celebrations, the church services, and the big occasions. The paper and the ribbon will remain intact.

But it's the small thing that manages to untie the bow. The little insignificant moment; the Christmas parade, the search for the tree, the discovered ornament, the special carol, the memory, and the paper gets wrenched off. The true Christmas presence shows itself.

The inevitable tide of feelings bursts out of the artificially decorated facade. The emotions pour out. The anger wells up. The tears are shed and the holidays come. These are as sure as the tide of the sea and the march of time.

Only a Compassionate Friend, a bereaved parent, knows of what I speak. Yet the answer is not in fighting or denying these feelings. We have paid the price. We have the right to grieve. The resolution to our grief is in grieving.

Our hope for all who read this letter is that you will make it through the holidays. We cannot make the pain go away. But know there are others who suffer with you. We have made it through, and together will continue on.

-Hank Hewett / TCF Scranton, PA

Christmas Thoughts

Beyond the Christmas trees, the angels and stars and beloved carols...
Beyond the presents, the shopping, the baking and cooking...
Beyond all these sights and sounds of Christmas...
Beyond all of these... there is hope.

Hope...
For the bereaved parent, even at Christmas,
One of the most, if not THE most, painful times of the year,
There is an essence of hope.

Hope...
It is the hope that someday the pain of the death of our children will be eased.
The hope is that once again we will laugh and love and cry
Completely without fear and hollowness.

It is the hope that someday we can remember our children
with a tenderness tinged with sorrow
And not overwhelmed with it.

So it is that for each of you I would hope...
Peace, compassion, love, understanding,
Sympathy, sharing and listening.

In the sharing of our grief with one another
And in the emotional support we give to one another,
We receive and understand all these gifts.

Terre Haute, TCF, Indiana, USA

About Christmas

By Dennis Klass, St Louis, MO

For those who think that Christmas and Chanukah are just nice days to give and get presents, bereaved parents have another message.

Mixed with the joy is the knowledge of sadness. With the hope of birth comes the threat of death.

We should not try to cover up our sadness in front of people, for we have a lesson to teach them.

But the holidays have a lesson for us, too. Yes, there is death. Yes, there is great bitterness in life. There is darkness.

But there is hope. There is birth. There is light. In a society which works so hard to deny death, perhaps only bereaved parents and a few others can truly understand the depths of these holidays.

TCF Professional Advisor

December 2010

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



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of the
Pikes Peak Region