



The Compassionate Friends Pikes Peak Chapter

November 2008

TCF Pikes Peak Chapter

Upcoming Meetings and Topics

Support group meetings are at **First Baptist Church, 317 E. Kiowa**, on the third Thursday of the month, at 7:00 p.m.

Upcoming meetings:

Thursday, November 20, 7:00 p.m.: **general meeting**

Sunday, December 14, 7:00 p.m.: **Candlelight Remembrance**

Thursday, December 18, 7:00 p.m.: **general meeting**

If you are receiving our newsletter for the first time, it is because someone has told us that you might find it helpful. We cordially invite you to attend any of our meetings. Nothing is required of you! There are no dues or fees. You need not speak one word. Attending your first meeting does require courage, but our parents who attend find a comforting network of support, friendship, and understanding that only people who have "been there" can give.

Telephone Friends

Chapter Co-Leader.....	Laraine Anderson.....	351-7653
Chapter Co-Leader.....	Stew & Leta Levett.....	531-5488
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
Skateboard/Auto Accident.....	Raye Wilson.....	303-814-9478
Single Parent Grief.....	Florence Wyatt.....	328-1687

Candlelighting Memorial

Sunday, December 14

7:00 p.m.

First Baptist Church

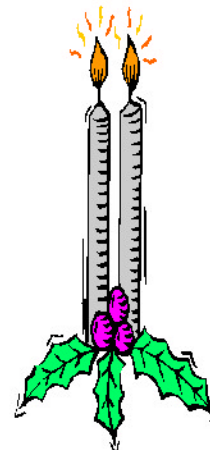
317 E. Kiowa St.

Now is the time to be thinking about our yearly Candlelight Remembrance to be held at The First Baptist Church on Sunday, December 14th. Besides our candlelight tribute and slideshow, there will be readings, music and refreshments for those in attendance. This is a beautiful service and is a wonderful way to honor the memory of your loved one.

Please submit your photos for inclusion in our slideshow no later than December 5th.

We are sorry but photos submitted after the deadline will not allow us time to include your photo in this year's slideshow. We will however honor them by speaking their name at the Remembrance.

Please fill out the form found at the end of this newsletter.



Thank you to First Baptist Church of Colorado Springs for continuing to provide the printing of our newsletters, and for their ongoing support of our group by providing our meeting space each month.



Message from our Chapter Leaders

There are some new things worth mentioning that we've completed or have begun working on;

- Ø Stew Levett has redesigned the Pikes Peak Chapter portion of the Colorado TCF website. This new design has chapter meeting information as well as the phone numbers and email capabilities for easy access.
- Ø The website now has a link whereby our monthly newsletter will be a click away. Download speed will depend on your internet connection and you must have Adobe Reader to view the newsletter (Usually a free download). The online newsletter is in beautiful color.
- Ø You may add a photo of your child to our website by submitting a photo to Stew Levett via email at stewlevett@msn.com or contact him if you don't have that capability. Almost any photo file format is acceptable (jpg, giff, tiff). Photos may be cropped to best fit onto the website.
- Ø We hope to eventually add a photo page with pictures of our event happenings.
- Ø Access the website by going to <http://www.tcfcolorado.org>
- Ø With the newsletter being available online we are looking at updating and increasing our online mailings with the goal saving a tree and reducing our postage. We will still make hard copies available for those people that need or enjoy a hard copy.



LOVE GIFTS

Gail and David Skinner, in loving memory of
Eric Skinner
 October 9, 1979 - December 4, 1998

Carol and Robert Rushmore, in loving memory of
Michael Rushmore
 November 28 1971 - October 29, 2001

Paul and Kerry Baerman, in loving memory of
Colin Peter Baerman
 November 13, 1972 - March 28, 2005



...that their
 light may
 always shine.

Light a candle for all children who have died.

Sunday, December 14, 2008

7 PM Around the Globe

THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING ®

More Chapter News.....*URGENT*.....*Only 2 More Months*

Help Wanted: Newsletter Editor

The Pikes Peak Chapter of The Compassionate Friends is in need of a new newsletter editor. Under the current format, a basic knowledge of or ability to learn simple publishing software with the ability to convert to pdf, along with a couple of evenings a month (or whenever you want to do it) is needed. You may make the newsletter what you like. Interested? Need more information? Contact Cora Davis, 495-2370, or CoraWD@aol.com; or Stew Levett, 531-5488 or stewlevett@msn.com. We need you!



Remembering Our Children On Their Birthdays

The light of life never goes out, so we remember them on their birthdays....



Date of

<u>Child's Name</u>	<u>Birth</u>	<u>Death</u>	<u>Cause</u>	<u>Compassionate Friend</u>
Robert Howie	11/1/1976	11/12/1976	Blood infection	Annette Howie
Rebecca Ann Reynolds	11/1/1981	10/16/1999	Car accident	Ken and Barbara Reynolds
Patrcia Elliott	11/4/1981	4/11/2001	Murdered	Connie and Dave Elliott
Michael Keeney	11/6/1962	11/18/2007	Heart Attack	Charlotte Keeney
Matthew Sperry	11/6/1968	6/5/2003	Bike / car accident	Harriet Sperry
Kristie Diaz	11/7/1972	4/7/1999	Cancer	Julie Diaz
Kenny Lanza	11/7/1977	5/25/2005	Auto accident	Chuck & April Lanza
Vinnie Franz	11/8/1983	6/17/2002	Accidental drug overdose	Barb Franz
Kimberly Ann Hayes	11/10/1968	6/30/1991	Amniotic Fluid Embolism	Patty and Patrick Hayes
Judy Sexton	11/12/1958	10/9/1981	Unknown	Florence Wyatt
Judy Gambill	11/13/1958	1/12/1976	Car/Truck Crash	Andrea Gambill
Colin Peter Baerman	11/14/1972	3/28/2005	Bi-polar illness	Paul & Kerry Baerman
Eric Cowles	11/15/1994	2/17/1995	SIDS	Doug & Leah Cowles
Shannon Diane McMahon	11/17/1987	7/9/2004	Vehicle accident	Robert & Jeanette McMahon
Joshua W. Lewis Gohlke	11/19/1980	1/19/2001	Vehicular homicide (DUI)	Karen Swank
Travis Grimmer	11/20/1972	7/23/2002	Cancer	Mary Lou Grimmer
Richard "Richie" Petras	11/21/1981	4/16/1985	Car accident	Richard Petras
Evan Carara	11/22/1983	6/2/2002	Car accident	Cindy & J.D. Carara
Leah Ann Trutna	11/22/1983	5/28/2005	Motorcycle accident	Steve & Phyllis Trutna
Patrick Roger Pennington	11/24/1964	9/4/1982	Rock climbing accident	Roger & Joan Pennington
Danae Lynne Marie Mannon	11/26/1996	3/18/1997	Congenital pulmonary vein	Colleen and Art Mannon
Michael Christopher Rushmore	11/28/1971	10/29/2001	Suicide / mental illness	Bob & Carol Rushmore
Jalynn Cameron	11/28/2003	4/19/2004	SIDS	Jessica Cameron
Paul A. Behr	11/29/2004	2/1/2005	Congenital abnormalities	Cynthia & Steve Behr





Remembering Our Children On Their Anniversaries

*That their lives will always shine, our children are remembered. Our special
 its go to you on the anniversary of your child's death....*



<u>Child's Name</u>	<u>Date of</u>		<u>Cause of Death</u>	<u>Compassionate Friend</u>
	<u>Birth</u>	<u>Death</u>		
Michael Williams Greist	7/28/1966	11/1/1978	Car/bike accident	Allan & Judy Greist
Justin William Winner	7/21/1982	11/5/1995	Gunshot wound	Dale Rosanne Winner
Scott David Stieglmeyer	6/27/1953	11/7/1974	Cystic fibrosis	Betty Stieglmeyer
Dwayne Stoppel	12/3/1954	11/8/2000		Pearl Stoppel
Katie Steckiel	7/19/2004	11/8/2005	Croup	Wendy Steckiel
Emma Renee Younger	8/2/2006	11/9/2006	Heart complications	Adam & Mindy Younger
Robert Howie	11/1/1976	11/12/1976	Blood infection	Annette Howie
Mike Mozo	4/5/1975	11/12/2002	Auto accident	Valerie Kirchhofer
Steven Warren	3/6/1979	11/17/2002	Cancer	Linda & Mark Warren
Michael Keeney	11/6/1962	11/18/2007	Heart Attack	Charlotte Keeney
Stephen Merle Schmoker	2/5/1960	11/19/1999	Brain tumor	Shirley & Ralph Greer
Aaron Lee Gallob	1/27/1969	11/21/1997	Leukemia	Lou & Erma Gallob
Susanna Jeanette Scruggs	8/21/1962	11/22/1985	Friedrich's Ataxia	Patricia Beard
Joseph Michael Chavez	9/20/1975	11/22/2004	Pedestrian / vehicle	Herman & Patty Chavez
Tommy Kinslow	4/9/1985	11/22/2005	Murder	Pam Kinslow
Kimberly Benson	10/22/1981	11/24/1997	Car accident	Debbie Diekman
Jonathan Ell-Duncan	5/20/1984	11/25/2001	Car accident	Dan & Becky Duncan
Konrad Ferrer	12/7/1982	11/27/1999	Car accident	Maria Hymes
Michael Ornelas	9/17/2002	11/27/2002	Complications	Annette & Chris Ornelas
Frankie Padilla	1/13/1987	11/27/2005	Murdered	Frances Lucero
Adriano Bermudez	1/22/1979	11/29/1998	Car accident	C.J. LaPointe





Parental Grief

The theme of parental mourning has been a universal one throughout the centuries. In the literature on bereavement, writers repeat certain themes, thoughts, and reflections; they talk of the powerful and often conflicting emotions involved in "the pain of grief and the spiral of mourning; [they refer to] the heartbreak at the heart of things...grief's contradictions"; they speak of parents devastated by grief (Moffat 1992, xxiii).

It is frequently said that the grief of bereaved parents is the most intense grief known. When a child dies, parents feel that a part of them has died, that a vital and core part of them has been ripped away. Bereaved parents indeed do feel that the death of their child is "the ultimate deprivation" (Arnold and Gemma 1994, 40). The grief caused by their child's death is not only painful but profoundly disorienting—children are not supposed to die. These parents are forced to confront an extremely painful and stressful paradox; they are faced with a situation in which they must deal both with the grief caused by their child's death and with their inherent need to continue to live their own lives as fully as possible. Thus, bereaved parents must deal with the contradictory burden of wanting to be free of this overwhelming pain and yet needing it as a reminder of the child who died.

Bereaved parents continue to be parents of the child who died. They will always feel the empty place in their hearts caused by the child's death; they were, and always will be, the loving father and mother of that child. Yet, these parents have to accept that they will never be able to live their lives with or share their love openly with the child. So they must find ways to hold on to the memories. Many bereaved parents come to learn that "memories are the precious gifts of the heart...[that they need] these memories and whispers, to help create a sense of inner peace, a closeness" (*Wisconsin Perspectives Newsletter*, Spring 1989, 1).

Sociologists and psychologists describe parental grief as complex and multilayered and agree that the death of a child is an incredibly traumatic event leaving parents with overwhelming emotional needs. They also agree that this grief must be acknowledged and felt in its intensity. These experts repeatedly state that dealing with parental grief involves deep pain and ongoing work as the parents attempt to continue their "journey down the lonely road of grief" (*Wisconsin Perspectives Newsletter*, February 1997, 1).

Grieving parents say that their grief is a lifelong process, a long and painful process... "a process in which [they] try to take and keep some meaning from the loss and life without the [child]" (Arnold and Gemma 1983, 57). After a child's death, parents embark on a long, sad journey that can be very frightening and extremely lonely— a journey that never really ends. The hope and desire that healing will come eventually is an intense and persistent one for grieving parents.

The child who died is considered a gift to the parents and family, and they are forced to give up that gift. Yet, as parents, they also strive to let their child's life, no matter how short, be seen as a gift to others. These parents seek to find ways to continue to love, honor, and value the lives of their children and continue to make the child's presence known and felt in the lives of family and friends. Bereaved parents often try to live their lives more fully and generously because of this painful experience.

To those outside the family, the composition of the family may seem to change when a child dies. A sibling may become an only child; a younger child may become the oldest or the only child; the middle child may no longer have that title; or the parents may never be able to, or perhaps may choose not to, have another child. Nonetheless, the birth order of the child who died is fixed permanently in the minds and hearts of the parents. Nothing can change the fact that this child is considered a part of the family forever, and the void in the family constellation created by the child's death also remains forever.

In a newsletter for bereaved parents, one mother wrote, "It feels like a branch from our family tree has been torn off." Another grieving mother continues, "I felt that way too. A small branch, one whose presence completed us, had been ripped from our family and left a large wound. Without it, we were lopsided and off balance. When subsequent children are born, [they] do not replace the fallen branch, but create a new limb all their own". (*Wisconsin Perspectives Newsletter*, December 1996, 1)

<http://www.athealth.com/consumer/disorders/parentalgrief.html>

South Suburban Chapter, Evergreen Park, IL



Organizational Contacts

TCF National Office
 P.O. Box 3656
 Oak Brook, IL 60522
 630-990-0010 OR (toll free) 877-969-0010
 E-mail:
 nationaloffice@compassionatefriends.org
 Web sites
 national: www.compassionatefriends.org
 Colorado: www.tcfcolorado.org
 Regional Coordinator: David Derby
 (303)979-2631 daved@tcfcolorado.org



SIDS bracelets are available by contacting info@coloradosids.org. They are white with a teal swirl with the words "Love and Remembrance" on them. You can call 303-320-7771. There is no charge but a donation to the Colorado SIDS program would be appreciated.

Even though the church is kind enough to lend us space for our meetings, The Compassionate Friends is not a religious organization. We meet to do our best to help each other as we try to adjust to this new life after the deaths of our children. Please join us for our monthly meeting on the third Thursday of the month at First Baptist Church, 317 E. Kiowa, at 7:00 p.m.

We welcome your contributions to the newsletter, whether original or something you have read that you'd like to share.

Please address any submissions to:

Cora Davis
 8535 Pine Cone Rd.
 Colorado Springs, CO
 80908
 Or send to
 CoraWD@aol.com

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

Submissions to the Newsletter and Love Gifts

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

Our chapter exists entirely through donations which are tax deductible. Our largest expense is the printing and mailing of our chapter newsletter, which is distributed to over 325 readers. Love gifts enable us to continue our outreach to bereaved parents through many chapter activities. A love gift is money donated to the chapter in memory of a child who has died. If you feel a love gift is an appropriate way to honor the memory of your child, and to support the Pikes Peak Chapter, please consider a donation to the chapter in any amount, small or large. Just fill out the form on this page and mail it to the address listed. If every chapter member sent in only \$10, we could raise \$3000 for the chapter. All pictures will be returned unless you specify for us to keep them and place them on the Child Remembered board displayed at monthly meetings. Thank you for your support!

Submission Guidelines:

Under \$50 -- Picture, if available, and dedication to be listed in the newsletter.

\$50 or more -- Newsletter sponsor. May include a full page for printing. Please remember to send it in "ready to copy" form, exactly as you would like it printed in the newsletter. Thanks.

These items must be received by the 10th of the month preceding the issue in which you would like them to appear. Please send Love Gift donations directly to the chapter's treasurer, Frank Schager, at the address above.



Your Name(s):

Phone #

Address:

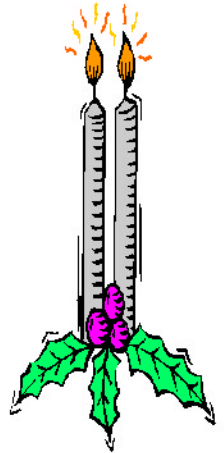
Your child(ren)*s name(s) as you want it to appear on the video:

Child's Birthdate:

Child's Memorial Date:

Cause of Death (Optional)

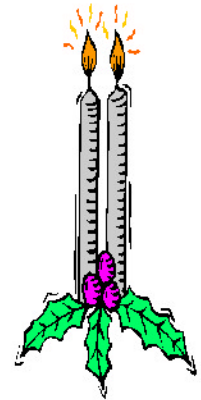
Dedication/Message to my child: (Please limit to 50 words or less)



Picture(s) included: Yes No Number of pictures included:

Please create my page with information and picture(s) provided:

Please use last year's slide:



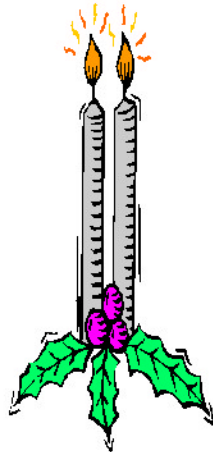

...that their
light may
always shine.

Light a candle for all children who have died.

Sunday, December 14, 2008

7 PM Around the Globe

THE COMPASSIONATE FRIENDS WORLDWIDE CANDLE LIGHTING



Photographs and dedications may be emailed to Stewart Levett at stewlevett@msn.com or send to Stewart Levett c/o The Compassionate Friends, 160 El Dorado Lane, Colorado Springs, CO 80919. Please inform us if you would like the photographs returned.

ALL PHOTOS AND DEDICATIONS MUST BE SUBMITTED BY DECEMBER 5TH.

The Compassionate Friends
Pikes Peak Chapter
P.O. Box 26239
Colorado Springs, CO 80936

Non-Profit Org.
U.S. Postage Paid
Colorado Springs, CO
Permit #215

ADDRESS SERVICE REQUESTED



I Will Be

If you think of me as gone forever,
I will be.

If you think of me as sadness and tears,
I will be.

If you think of me as your broken heart,
I will be.

That's not what I want to be, but I will be.

If you think of me as memories to cherish,
I will be.

If you think of me as laughter and joy,
I will be.

If you think of me as your healing heart,
I will be.

That's what I want to be, please, let me be.

Rob Anderson, Sacramento TCF newsletter

