

November, 2012



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Upcoming Events

November 15th - General Meeting - 7:00 p.m. - First Baptist Church
December 9th - Candlelight Memorial - 7:00 p.m. - First Baptist Church
December 20th - General Meeting - 7:00 p.m. - First Baptist Church

Pikes Peak Chapter Steering Committee

Chapter Leader

Laraine Asaro-Boyd - Acting
Son, Michael Edward Anderson

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

TREASURER

FRANK SCHAGER
Daughter, Kira Ann Schager

NEWSLETTER EDITOR & EMAILINGS

STEWART & LETA LEVETT
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

BOB & YVETTE THOMPSON
Son, Ryan Barry Thompson

SC MEMBER

LEONIE CRAMER
Son, Julian Anthony King

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 November 15th, 2012.

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.

You Need Not Walk Alone.

TELEPHONE FRIENDS

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

CHAPTER LEADER - ACTING

LARAIN ASARO-BOYD 351-7653

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON ★ 573-2743

TEEN / YOUNG ADULT LOSS

BARB REYNOLDS 599-0772

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT ★ 531-5488

LEUKEMIA

JANE & STEVE GABRIEL ★ 282-1924

SUICIDE

LARITA ARCHIBALD 596-2575

INFANT LOSS

COLLEEN & ART MANNON 535-9868

★ Please feel free to contact any Steering Committee member if you are unable to reach our Chapter Leader.



Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 9, 2012, 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.

PIKES PEAK TCF CANDLELIGHT MEMORIAL SERVICE

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 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.

Prior years' submissions will be read as a dedication if we don't hear back from you.

DEADLINE FOR SUBMISSIONS IS FRI., NOVEMBER 30th, 2012



To see a short YouTube Clip of last years Candlelight, go to this link:<http://www.youtube.com/watch?v=8g4uTWPbGCI>

THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

Light a candle for all children who have died

**Worldwide
Candle
Lighting®**

*... that their light
may always shine.*

**Sunday, December 9, 2012
7 PM Around the Globe**

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. _____

Submissions for this years Memorial Slide Show may be sent to Stewart Levett at stewart@archangelgifts.com
Upon completion of the slide I will send back a copy for your approval.



Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Rebecca Ann Reynolds	Nov 1	Ken and Barbara Reynolds
Robert Howie	Nov 1	Annette Howie
Chloe Faith Gafford	Nov 3	Brian & Jocelyn Gafford
Patrcia Elliott	Nov 4	Connie and Dave Elliott
Michael Keeney	Nov 6	Charlotte Keeney
Nicole Johnson	Nov 7	Sherry Turner
Kristie Diaz	Nov 7	Julie Diaz
Kenny Lanza	Nov 7	Chuck & April Lanza
Vinnie Franz	Nov 8	Barb Franz
Kimberly Ann Hayes	Nov 10	Patty and Patrick Hayes
Judy Gambill	Nov 13	Andrea Gambill
Colin Peter Baerman	Nov 14	Paul & Kerry Baerman
Eric Cowles	Nov 15	Doug & Leah Cowles
Shannon Diane McMahon	Nov 17	Robert & Jeanette McMahon
Joshua W. Lewis Gohlke	Nov 19	Karen Swank
Travis Grimmer	Nov 20	Mary Lou Grimmer
Richard "Richie" Petras	Nov 21	Richard Petras
Evan Carara	Nov 22	Cindy & J.D. Carara
Leah Ann Trutna	Nov 22	Steve & Phyllis Trutna
Branden Howland	Nov 23	Julianne Howland
Patrick Roger Pennington	Nov 24	Roger & Joan Pennington
Savannah L. Burke	Nov 25	Herman & April Burke
Danae Lynne Marie Mannon	Nov 26	Colleen and Art Mannon
Mark Van Matre	Nov 27	Patricia Van Matre
Jalynn Cameron	Nov 28	Jessica Cameron
Michael Christopher Rushmore	Nov 28	Bob & Carol Rushmore
Paul A. Behr	Nov 29	Cynthia & Steve Behr

Are You Interested?

Would you like to become more involved in the Pikes Peak Chapter of The Compassionate Friends? We'd love to have you contact us and sit in on a Steering Committee meeting to see what we do.

Many of our regular meeting members are just the type of people we're looking for to help us move our chapter forward with new and exciting ideas. Are you interested?

Thank you for letting me share the happy and exciting news of my second son's birth. Holden Guy Farrell was born on 10/12/12. He is a healthy and happy baby.

Proud Parents: Pamela Welch and Mike Farrell





Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Michael Williams Greist	12 years	Nov 1	Allan & Judy Greist
Chloe Faith Gafford	1 day	Nov 3	Brian & Jocelyn Gafford
Justin William Winner	13 years	Nov 5	Dale & Rosanne Winner
Scott David Stiegelmeier	21 years	Nov 7	Betty Stiegelmeier
Katie Steckiel	1 year	Nov 8	Wendy Steckiel
Dwayne Stoppel	45 years	Nov 8	Pearl Stoppel
Emma Renee Younger	3 months	Nov 9	Adam & Mindy Younger
Robert Howie	1 week	Nov 12	Annette Howie
Mike Mozo	27 years	Nov 12	Valerie Kirchhofer
Steven Warren	23 years	Nov 17	Linda & Mark Warren
Michael Keeney	45 years	Nov 18	Charlotte Keeney
Stephen Merle Schmoker	39 years	Nov 19	Shirley & Ralph Greer
Tyler Schmidt	23 years	Nov 20	Valerie & Jeff Schmidt
Aaron Lee Gallob	28 years	Nov 21	Lou & Erma Gallob
Susanna Jeanette Scruggs	23 years	Nov 22	Patricia Beard
Joseph Michael Chavez	29 years	Nov 22	Herman & Patty Chavez
Tommy Kinslow	20 years	Nov 22	Pam Kinslow
Conri Lee Barber	8 months	Nov 23	Sean & Cherie Barber
Kimberly Benson	16 years	Nov 24	Debbie Diekman
Wade Lehman	19 years	Nov 24	Lori Lehman
Jonathan Ell-Duncan	17 years	Nov 25	Dan & Becky Duncan
Konrad Ferrer	16 years	Nov 27	Maria Hymes
Frankie Padilla	18 years	Nov 27	Frances Lucero
Michael Ornelas	2 months	Nov 27	Annette & Chris Ornelas
Adriano Bermudez	19 years	Nov 29	C.J. LaPointe

Remembrance Ornaments - Limited Time

These hand blown birthstone color "Love is Forever" Remembrance Ornaments are a wonderful way to honor the memory of any child gone too soon. They convey the hue of traditional gem stone colors into the main color of the ornament and feature unique internal glass webbing for a remembrance memento you will always cherish. You have your choice of six inch or two inch diameter.

These "Love is Forever" Remembrance Ornaments can only be ordered by calling The Compassionate Friends. All ornaments come individually boxed. Six inch ornaments are \$35 and 2 inch ornaments are \$25. Shipping and handling is (first ornament in order) \$10 for 6" and \$8 for 2" plus \$1-\$2 extra for each additional ornament. Ornaments can only be shipped to United States and its territories and will be shipped via USPS Priority Mail. Call 877-969-0010 to order with your charge card (Visa, MC, Discover).





THOUGHTFUL POEMS

A haiku for My Lisa,

I gave you my heart
the moment that I knew you.
Where is my heart now?

Mary O'Briant - TCF Pikes Peak Chapter

BECAUSE

Because you can't feel me,
Doesn't mean I'm not there.
Because you can't see me,
doesn't mean I'm not near.
Because you can't hear me,
doesn't mean I don't speak.
Because you can't see me,
doesn't mean I'm out of reach.
Because I am dead,
doesn't mean I'm gone.

Beth Oldani - TCF, Arlington Heights, IL

A DEATH HAS OCCURRED

*A death has occurred,
and everything is changed by this event.
We are painfully aware that life
can never be the same,
that yesterday is over,
that relationships once rich have ended.
But there is another way to look upon this truth.
If life went on the same without the presence
of the one who died,
we could only conclude that the life we here remember
made no contribution,
filled no space,
meant nothing.
The fact that this person left behind a place
that cannot be filled
is a high tribute to this individual.
Life can be the same
after a trinket has been lost,
but never the same
after the loss
of a treasure.*

Paul Iron, TCF- Savannah, GA

HEALING WORDS

As We Near The Special Season

As we near the special season that stirs up feelings of heritage, patriotism, thanksgiving, and our relationship with God, we are instantly reminded that it doesn't seem to fit together for us; our personal sense of well-being is suffering. Our hearts and spirits are undergoing the trauma of painfully fresh wounds in some cases, while others are coping with the scar tissue of older grief that refuses to heal or restore comfort to their lives. This season reminds me we are living with extra stress that must be resolved. I offer a few thoughts to each of you, along with my love, in hope that feelings of peace and purpose will return to bring you comfort.

First, be careful in agreeing to take on the traditional extra work that goes with holidays. You are coping with grief that will take much of your usable energy.

Second, be especially kind and patient with yourself. The need for physiological rest is vital at this time; regular sleep and rest hours will help.

Third, be aware that holidays and alcohol have become traditional companions; extra caution may be necessary to prevent the depressant effects of alcohol from further aggravating your grief anxiety.

Fourth, it's okay to change past practices that are especially painful reminders of what can be no more; do something different if you have to.

Finally, allow yourself private time as you need to, but also remember it's important to allow others to try to bring you comfort and give you extra help during the holidays. Loved ones need feedback that says: "I'm trying to recover, and I appreciate your help." Peace be with you.

By Ann Frost - TCF Middle Georgia Chapter



The Children I've Never Met

It's that time of the year again. November for me is important for several reasons with Thanksgiving, Hanukkah, and Christmas right around the corner. However, November also marks the month I start working on the Compassionate Friends Candle Lighting service and the Memorial Slide Show we do each year.

My first TCF exposure came in December 2005 following the death of my son Aaron in October. I submitted my pictures and dedication late but Colleen Mannon, who was in charge of the slide show at that time, was gracious enough to accept mine beyond the deadline. The slide show was a beautiful and moving tribute to our kids, and it was obvious to me how it touched so many.

In 2007 I volunteered to help Colleen do the slide presentation and convert the Powerpoint presentation into a "movie" that could easily sync the music and slides together on one disc for viewing. Besides compiling the new pictures and dedications for that year, I needed to convert each "slide" in the Powerpoint presentation into a usable slide for my Mac. There I met the children I've never met.

I don't know most of the parents of these children. I have only met a few dozen of them over the years at one of our general meetings, our balloon launch, or the Candle Lighting service but, boy do I know their children. Each month when I add their names to our Child's Remembered Lists I see their faces and learn of their illnesses and the circumstances around their untimely deaths. I see the faces of the babies, the kids in their football uniforms or graduation gowns, and others smiling as they sit on Santa's knee or pose in their funny Halloween costumes. In some instances they've grown and married, and the faces are those of young mothers or fathers embracing their families or proudly displaying the uniform of their country.

Dutifully each year many of us continue to come to these memorials on the second Sunday in December. Some have moved on in their grief (good for them) and for others it remains too painful.

As bereaved parents, we want our children to be remembered. We want their faces to never be forgotten, and we want acknowledgment that they lived. Murders, suicides, car accidents, heart attacks, cancer, drug overdoses, plane crashes or killed in action; they're all there, touching the young and the old--each a thief taking one of our kids. And I cry.

It sounds cruel to say, but I love doing the slide show, as painful as it may be, because with each passing year I have the opportunity to get to know a little bit better the children I've never met.

Please remember our children - Light a Candle

Stew Levett - Editor TCF - Pikes Peak Chapter



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

Online Support

The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship.

The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions. Please check the schedule for dates and times of the sessions.

Note: Times posted on the schedule are based upon Eastern Time.

www.compassionatefriends.org

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 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. Love Gift donations should be sent directly to our treasurer, Frank Schager 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 Frank Schager, 2235 McArthur Ave., Colorado Springs, CO 80909 ⇒
Thank you for contributing and supporting the work of our local chapter!

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: Frank Schager – 2235 McArthur Ave – Colorado Springs, CO 80909

Contributor Name & Address: _____

Relationship: Son Daughter Grandson Granddaughter Friend Other

Photo Enclosed: Yes No

Photo To Be Returned: Yes No

Dated Material - Please Deliver Promptly - Return Service Requested

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November, 2012

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Pikes Peak Chapter
PO Box 51345
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