

September, 2012



**THE
COMPASSIONATE
FRIENDS**

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Upcoming Events

September 20th - General Meeting - 7:00 p.m. - First Baptist Church

October 18th - General Meeting - 7:00 p.m. - First Baptist Church

Pikes Peak Chapter Steering Committee Is Currently Acting On Behalf As Chapter Leader

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 / PAST CHAPTER LEADER
Laraine Asaro-Boyd
Son, Michael Edward Anderson

SC MEMBER/FACILITATOR
BOB & YVETTE THOMPSON
Son, Ryan Barry Thompson

SC MEMBER/FACILITATOR
LEONIE CRAMER
Son, Julian Anthony King

SC MEMBER
Kimberly Argo
Son, Jonathan Charles Frazier

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 September 20th, 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

KIMBERLY ARGO 217-0155

INFANT LOSS

COLLEEN & ART MANNON 535-9868

LEUKEMIA

JANE & STEVE GABRIEL 282-1924

SUICIDE

LARITA ARCHIBALD 596-2575

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT 531-5488

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON 573-2743

TEEN / YOUNG ADULT LOSS

BARB REYNOLDS 599-0772

GENERAL GRIEF

LARAIN ASARO-BOYD 351-7653



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.

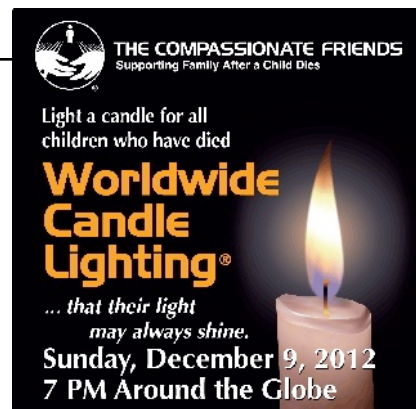
Submissions for this years Memorial Slide Show may be sent to Stewart Levett at stewart@archangelgifts.com
Upon completion of the slide I will send back a copy for your approval.

TCF CANDLELIGHT MEMORIAL

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.

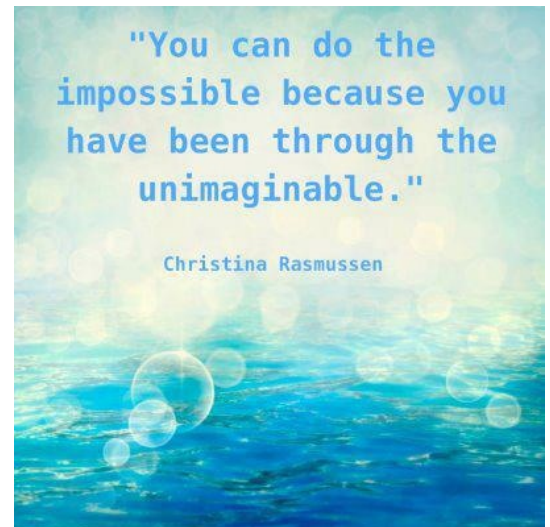
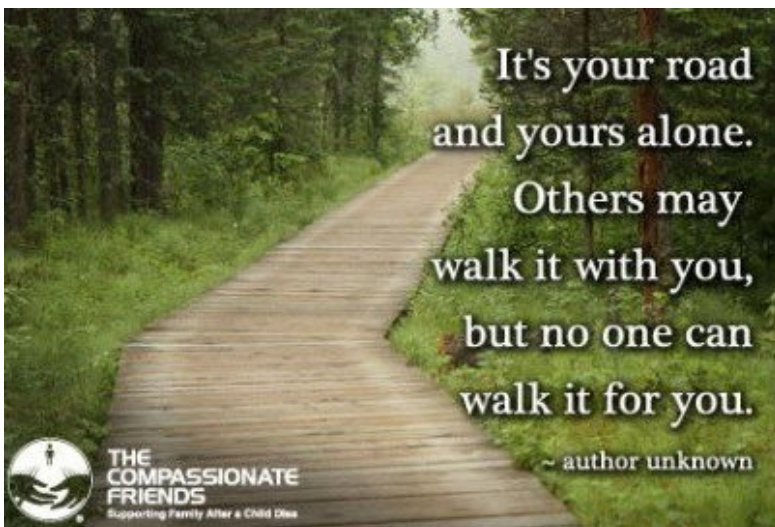
DEADLINE FOR SUBMISSIONS IS FRI., NOVEMBER 30th, 2012





Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Paul Ketterson	Sep 5	Will & Betty Ketterson
Katie Shorkey	Sep 8	Robert & Karen Shorkey
Joanna Lyn Terry	Sep 8	Jack & Joyce Terry
Jackie Sanchez	Sep 9	Mary Sanchez
Anton "Andy" George Horn	Sep 10	Levi & Emma Horn
Nicholle Guy	Sep 11	Lezlee Guy
Kimberly Elizabeth Pratt	Sep 12	Pam Bilberry
Fermin A. Vialpando	Sep 12	Sundae F. Vialpando
Lindsey Everding	Sep 14	Trena Everding & Dave Kiefer
Philip Dix	Sep 14	Ann Dix
Michael Ornelas	Sep 17	Annette & Chris Ornelas
Wade Lehman	Sep 17	Lori Lehman
Melissa Sue Micke	Sep 17	Alice Micke
Peter Joseph Noel	Sep 17	Janet Noel Starritt
Naomi Katherine Schwartz	Sep 18	Tim and Sonoko Schwartz
Joseph Michael Chavez	Sep 20	Herman & Patty Chavez
Leah Rae Wiley	Sep 22	Russ & Kelly Wiley
Amy Mae Lugenbeel	Sep 22	Terry & Barb Lugenbeel
Matthew Dale Wilson	Sep 23	Raye & Rick Wilson
Seth Herzog	Sep 23	Nancy Saltzman
Derrick Shane Moore	Sep 28	Ray & Deanna Moore
Genevieve Ann "Ginger" Derby	Sep 28	David Derby
James Michael Burroughs	Sep 29	Arlene & Charles Burroughs
Chris Hatfield	Sep 30	Cathy Hatfield / Catherine Thompson
Andria Dawnielle Bear	Sep 30	Dona & Tanya Flores





Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Lance Alan Rigby	21 years	Sep 1	Deborah Rigby
Corey Reynolds	18 years	Sep 2	Barb Reynolds
Brody Richard Cisneros	7 months	Sep 3	Julie & Will Cisneros
Patrick Roger Pennington	17 years	Sep 4	Roger & Joan Pennington
Paul Ketterson	48 years	Sep 5	Will & Betty Ketterson
Matthew Medina	22 years	Sep 5	Vicki Schwindt
Lisa Elaine Berns	2 months	Sep 6	Robert (R.J.) & Lynn Berns
Samuel Christensen	17 years	Sep 6	Stacy Christensen
Mari Lilline Ferrara	10 years	Sep 9	Carol & Andrew Ferrara
Genevieve Ann "Ginger" Derby	20 years	Sep 10	David Derby
Katie Kennedy	15 years	Sep 10	Van & Kathy Kennedy
Wyatt Travis Wilson	2 years	Sep 10	Elizabeth & Lance Wilson
Wayne Allen Garrett	17 years	Sep 12	Joyce and Greg Garrett
Andria Dawnielle Bear	11 months	Sep 13	Dona & Tanya Flores
Eugene Harris, Jr.	23 years	Sep 15	Stacey Burciago, Gene Harris, Tonia Paguyo
Raul Garcia	19 years	Sep 17	Rena Gonzalez
Claire Palmer	21 years	Sep 17	Jo & Lawrence Palmer
Ryan Thompson	2 years	Sep 17	Yvette & Bob Thompson
Robert Beynon	28 years	Sep 18	Donna Beynon
Jeffrey Russell Schumaker	31 years	Sep 20	John & Vera Schumaker
Joanna Lyn Terry	18 years	Sep 20	Jack & Joyce Terry
Zachary Nathaniel James	17 years	Sep 21	Gloria & James Olsen
Paul Orcutt		Sep 22	Ann Blasingame
James Russell Kempa	15 years	Sep 22	Gayle Kempa
Clayton Neal Brehm	26 years	Sep 23	Ramona Atkinson
Seth Herzog	11 years	Sep 24	Nancy Saltzman
Adam Herzog	12 years	Sep 24	Nancy Saltzman
Jacob Hunter Smathers	9 years	Sep 24	Patty, Becky & Renee Smathers
Jamie Jackman	9 years	Sep 25	Sherry Jackman & Knelson Spooner
Margaret McKean	39 years	Sep 26	Lilo McKean
Brian Hartzell	33 years	Sep 27	Fawn Batista
Robyn Kulas	8 years	Sep 28	Patty Kulas
Rachael Samulenok	26 years	Sep 28	Megan Samulenok
John Doles	29 years	Sep 30	James & Susan Appleman



Nancy Saltzman in loving memory of

Seth William Herzog

DOB: September 23rd - Anniversary: September 24th

Nancy Saltzman in loving memory of

Adam William Herzog

DOB: October 5th - Anniversary: September 24th



THOUGHTFUL POEMS

AFTER THE FIRST YEAR

*1. After the first year,
The pain changes from a crushing weight
To a wickedly cutting edge.
Time speeds up from grinding plodding
To a more normal routine
And sometime you can forget (for a moment)
That your whole life was destroyed
Just last year.*

*2. After the first year
You start to remember the good times
And you can tell a funny story about your child
And save the crying for later,
But sometimes it seems like you're the only one
left who mourns.
"What's the matter with you anyway?"
"It's been a whole year."*

*3. After the first year your child seems a little
closer
and yet still so far away.
miracles of miracles, you haven't forgotten
How he walks, his voice, the shape of his head
Or the solid warmth of his fingers curving around
yours.
Those memories ambush you at many unlikely
moments
And tear you apart.*

*4. After the first year,
your heart begins to thaw.
You remember that you once loved your surviving
children
And you love them again.
You remember that life used to hold,
And you rediscover some small enjoyment in
living.*

*5. After the first year
You pick up your burdens and go on.
Amazingly you have survived a blow more painful
that anything
You ever imagine.
Even though you wish you could have died too,
It slowly dawns on you that you must still live
because after the first year comes the second year.*

By Liz Ford- TCF, Madison, WI

Reach Out

**We don't have a disease,
We're not contagious;
The way people treat us
Is really outrageous.**

**We don't know why
Our children He took;
The answers are hidden
In God's secret book.**

**So if you know parents
Who've lost a son,
Try to reach out -
Be the brave one .**

**We need your love,
Kindness and support;
Our loss is so great,
Our child's life too short.**

**Write a few words
In a card or letter;
Help in some way
To make us feel better.**

**We've lost enough
Their days too few;
We don't want to
Also lose you.**

by JoAnn Zimmaro

Abington, PA TCF





HEALING WORDS

The Storm of Grief

It comes like a huge thunderbolt—shocking and deafening you to all else around you. Suddenly the world that has been so bright is black and desolate. There seems to be no hope.

The tears come like torrential rains. The winds of reality come, and your body is torn by the pains and fears caused by the storm. Even when the tears stop for a while, the dark clouds loom over you, threatening you with more tears and more pain.

Most passersby can't help you through the storm because they have never been caught in one like it—and some don't seem to care. There are a few who will reach out their hand and try to pull you from the storm, but the storm must be endured. And then there are the special ones—the ones who are willing to walk with you through the storm. Usually these are people who have been there before and know the storm can be survived. After a time, the torrential rainstorm turns to showers and then the showers come less often. But the clouds don't go away. The sadness and pain remain, but they become more bearable.

Eventually, as the clouds begin to part, there may even be a rainbow—a sign of hope. And as the sun begins to shine a little more, flowers of memory will blossom to be enjoyed. I don't think the showers will ever end; but I believe as they get farther apart, the sky will get bluer, we will see more rainbows, and the flowers will bloom more and more. Perhaps it's even good to have a shower now and then—to cleanse our souls and to revive those special flowers of memory.

Mary Jo Pierce, TCF, Tuscaloosa, AL

Spiritual Gifts

Grief is such an individual journey. We are cast on its path without our consent, enveloped by a depth of pain we never dreamed existed. We all have times when despair and loneliness threaten to engulf us. But we do have one companion on this lonely, unsought road: our child who died.

I think there is never a moment in the day when part of me is not connected to Philip, to our years together and to our present relationship. Our journey though is a good-bye to the physical presence of our child, but it is never a good-bye to their spirits and to the essence of their being. Philip lives inside me now, and the same gifts he gave me when he was physically alive are still available to me through his spirit. In some ways, those "spirit gifts" are stronger, because they are contained and undiluted within me.

When the days get unbearably hard, when I think of all this wonderful young man missed by not getting to live out his life, I try to remember to focus on the present Philip, the one inside me. I try to integrate his gifts into my life, sometimes through his eyes, thinking from his heart and mind.

No matter how old your child who died, the essence of this unique being remains within you forever. It is through us and others who knew them that our children continue to live and affect our present world. Though not in the way we hoped and expected, our beloved children are still alive.

May the spirit of the child who lives so deep within your heart help you through this month and through every moment of the reestablishing of your life.

Catherine (Kitty) Reve, TCF, San Francisco, CA

Changing of the Seasons

D. Barta, Portland, OR

The summer heat is fading and the evenings begin to cool; autumn whispers in the wind. Labor Day often signals the last 'hoorah' for lazy summer days as school buses resume familiar routes and leaf-gathering chores are added to our days.

In our journey towards recovery, there are also seasons. For many, autumn is a reflective time, when nature begins its own cycle of shutting down and dying. A time of quiet melancholy may fill your heart. Distant shadows of the approaching holidays begin to creep into your mind.

But if you look closely, you will notice autumn sings fully her song of beauty and rebirth. She dons her finest wardrobe, filled with colors of warmth and comfort. Different are these hues than bright spring and summer florals, but how beautiful and peaceful.

I see autumn as a season of inner strength, with roots reaching deep into the heart of the earth for nurturing.

So as we gather leaves and find long-forgotten jackets, my wish is that the harsh edges of pain will begin to recede and the loving memories of your child bring a quiet peace and gentle warmth.



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

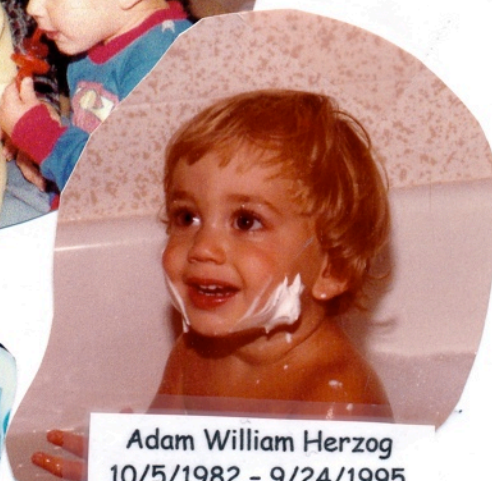
Photo To Be Returned: ☐ Yes ☐ No



"Grief is love that will not go away."



Seth Michael Herzog
9/23/1984 - 9/24/1995



Adam William Herzog
10/5/1982 - 9/24/1995



Remembering Adam, Seth and their dad, Joel, on the 17th anniversary of the plane crash.
With love, Mom (a.k.a. Nancy Saltzman)



So Many Children

This past month I had the opportunity to visit my brother in Oklahoma City. One of the items on my agenda was to visit the Murrah Federal Building site which is now known as the Oklahoma National Memorial which also houses the Museum.

It was a beautiful day to visit with temperatures in the low 80's and a slight breeze moving through the city. The Memorial site was quiet and peaceful with not much more than the sound of the trickling water within the Reflecting Pool which set the mood for the surrounding area; calm and serene.

It was only upon viewing the Field of Empty Chairs that the real impact registered of the horrific tragedy that took place there on April 19, 1995. Lined in nine rows, each representing one of the floors of the building, the 168 chairs stand as a tribute to each person that died that day in the bombing. The smaller chairs a symbol of the 19 children killed that day.



And yet we as grieving parents know all too well that each person who died that day was some one's child, somebody's baby. Death is indiscriminate when age is concerned and it doesn't make a difference when we've lost our child.

Framed between two "Gates" marking the moment before the bomb exploded (9:01 at the East Gate) and the time it was all finished (9:03 at the West Gate), the Memorial site tries to freeze the events of that minute which changed our country much the same way the death of our sons and daughters are frozen forever in our minds.

The citizens of Oklahoma City chose to pay tribute to and honor those killed that day by building a beautiful memorial for their loved ones which everyone may come and see and remember in beauty rather than wallow in the hurt and pain and ugliness of what happened that awful day in their city.

We don't have to hold on to the horrible moment of our child passing, instead we can frame their life with all the beautiful, happy moments that their living gave you. Honor them, remember them, cherish them, love them forever.

**Pikes Peak Chapter
The Compassionate Friends**



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

September, 2012

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