



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 1

## Upcoming Events

September 15th - General Meeting - 7:00 p.m. - First Baptist Church

## 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 August 18th, 2011.

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.**

## Pikes Peak Chapter Steering Committee

### CHAPTER LEADER

LARAINÉ ANDERSON

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/FACILITATOR

LEONIE CRAMER

Son, Julian Anthony King

## 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. 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?*

## 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:

National - [www.compassionatefriends.org](http://www.compassionatefriends.org)

Colorado - [www.tcfcolorado.org](http://www.tcfcolorado.org)

Colorado Springs - [www.tcfcolorado.org/coloradosprings](http://www.tcfcolorado.org/coloradosprings)



## THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 2

### In Loving Memory of a Wonderful Family

On September 24, 1995, Adam and Seth Herzog were aboard a small plane with their father, Joel, returning from watching the Davis Cup tennis tournament in Las Vegas when it crashed in bad weather near Westcliffe, CO. Although it has been 16 years since the plane crash it is still hard to believe that these precious individuals are not playing tennis and laughing somewhere in Colorado Springs.

Adam's friends remember him for his deep compassion for others and his desire to enjoy life. He was a truly gifted athlete who excelled in hockey, tennis and track. Like his father, Adam was a true friend with a huge heart.

Seth had an infectious laugh and a big tooth smile. He was quick to give hugs and was a sensitive, thoughtful boy whose eyes brought people into his caring and warm world. The boys were good friends who truly loved each other.

Joel, their father, is remembered as an avid tennis player, a great joke teller and a true friend to all he met. He set the standard for excellence when it came to being a husband and father.

*"There's this place in me where your fingerprints still rest,  
your kisses still linger, and your whispers softly echo.  
It's the place where a part of you will forever be part of me."  
(Author: Gretchen Kemp)*

In loving memory of my family – Joel, Adam and Seth Herzog.  
Nancy Saltzman – Wife and Mother

**ADAM WILLIAM HERZOG**  
October 5, 1982 – September 24, 1995



**SETH MICHAEL HERZOG**  
September 23, 1984 – September 24, 1995





# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 3

## 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](http://www.compassionatefriends.org)

## *Going Home Angel*



This angel, sculpted by Artist Marco Grove, is now being offered for sale through Archangel Gifts. Inspired and dedicated to my son Aaron Paul Levett, this angel depicts the soul of your loved one returning to the arms of the Father. The angel is cast from crushed selenite, quartz and angelite crystals. The sculpture is 3 1/2 inches tall and is finely polished.

We will be donating 25% of the proceeds from the sale of these angels to The Compassionate Friends and one will be given away at this years Memorial Balloon Launch.

You may pre-order your own angel by going to our website at [www.Archangelgifts.com](http://www.Archangelgifts.com). Angels will be delivered at the Memorial Balloon Launch or can be shipped to any location. If you would like further information please feel free to email me at [stewart@archangelgifts.com](mailto:stewart@archangelgifts.com)

## TELEPHONE FRIENDS

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

<b>CHAPTER LEADER</b> LARAINE ANDERSON	351-7653
<b>INFANT LOSS</b> COLLEEN & ART MANNON	535-9868
<b>TODDLER / YOUNG CHILD LOSS</b> BOB & YVETTE THOMPSON	573-2743
<b>LEUKEMIA</b> JANE & STEVE GABRIEL	282-1924
<b>TEEN / YOUNG ADULT LOSS</b> BARB REYNOLDS	599-0772
<b>SUICIDE</b> LARITA ARCHIBALD	596-2575
<b>DRUG / ALCOHOL LOSS</b> STEWART & LETA LEVETT	531-5488
<b>SKATEBOARD / AUTO ACCIDENT</b> RAYE WILSON	(303) 814-9478

## 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



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 4

## 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
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

### *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](http://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.



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 5

## Remembering Our Children On Their Anniversaries

<b>Child's Name</b>	<b>Age</b>	<b>Date of Death</b>	<b>Compassionate Friend</b>
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
Mari Lilline Ferrara	10 years	Sep 9	Carol & Andrew Ferrara
Genevieve Ann 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
Claire Palmer	21 years	Sep 17	Jo & Lawrence Palmer
Raul Garcia	19 years	Sep 17	Rena Gonzalez
Ryan Thompson	2 years	Sep 17	Yvette & Bob Thompson
Robert Beynon	28 years	Sep 18	Bill & Donna Beynon
Joanna Lyn Terry	18 years	Sep 20	Jack & Joyce Terry
Jeffrey Russell Schumaker	31 years	Sep 20	John & Vera Schumaker
Zachary Nathaniel James	17 years	Sep 21	Gloria & James Olsen
James Russell Kempa	15 years	Sep 22	Russell & Gayle Kempa
Paul Orcutt		Sep 22	Ann Blasingame
Clayton Neal Brehm	26 years	Sep 23	Ramona Atkinson
Adam Herzog	12 years	Sep 24	Nancy Saltzman
Seth Herzog	11 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
Davey Christopher Hoffman	18 years	Sep 25	Elaine Hoffman
Margaret McKean	39 years	Sep 26	Lilo McKean
Brian Hartzell	33 years	Sep 27	Fawn Batista
Rachael Samulenuk	26 years	Sep 28	Megan Samulenuk
Robyn Kulas	8 years	Sep 28	Patty Kulas
John Doles	29 years	Sep 30	James & Susan Appleman





# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 6

## THOUGHTFUL POEMS

The following poems were submitted and taken from the TCF Facebook page.

### You Know You're Making Progress When--

You can remember your child with a smile--  
 You realize the painful comments others make are made in ignorance---  
 You can reach out to help someone else--  
 You stop dreading holidays--  
 You can sit through a church service without crying--  
 You can concentrate on something besides your child--  
 You can find something to thank God for--  
 You can be alone in your house without it bothering you--  
 You can talk about what happened to your child without falling apart--  
 You no longer feel you have to go to the cemetery every day or every week--  
 You can tolerate the sound of a baby crying--  
 You don't have to turn off the radio when his or her favorite music comes on--  
 You can find something to laugh about--  
 You can drive by the hospital or that intersection without screaming--  
 You no longer feel exhausted all the time--  
 You can appreciate a sunset, the smell of newly-mowed grass, the pattern on a butterfly's wings--

~Judy Osgood  
 TCF, Carmel/Indianapolis, IN

### The Mention of His Name

The mention of my child's name  
 May bring tears to my eyes,  
 But it never fails to bring  
 Music to my ears.  
 If you are really my friend,  
 Let me hear the beautiful music of  
 his name.  
 It soothes my broken heart  
 And sings to my soul.

~Author unknown

**He cannot see that if he goes  
 You'll never fill that space  
 You'll spend your whole life searching  
 for  
 That smile, those eyes, that face**

**Author unknown**

### Don't

written by Joannetta Hendel

Don't tell me that you understand, Don't tell me that you know... Don't tell me that I will surely survive, How I will surely grow...	Don't stand in pious judgment, Of the bonds that I must untie... Don't tell me how to suffer, And don't tell me how to cry... My life is filled with selfishness, My pain is all I see... But I need you, I need your love, Unconditionally...
Don't tell me this is just a test, That I am truly blessed... That I am chosen for the task, Apart from all the rest...	Accept me in my ups and downs, I need someone to share... Just hold my hand and let me cry, And say, "My friend, I care"...
Don't come at me with answers, That can only come from me... Don't tell me how my grief will pass, That I will soon be free...	



### Show Us Your Child

We have ordered one hundred badge holders to pass out to our TCF guests so that they may wear a name badge with a picture of their child. These badges measure 3 1/2" by 2 1/4" and can be worn horizontally or vertically. The intent is for all parents to wear a name badge whenever they come a meeting. Please bring a picture of your loved one with the above dimensions and ask for a name badge the next time you come to our meeting.



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 7

## HEALING WORDS

### “The Hill”

A traveling man sat down to rest from his journey by the side of the road. As he rested, another man passed by. This other man, the traveler observed, walked very slow and was bent forward, his expression was troubled and pain reflected in his eyes.

"What ails you fellow?" called up the wise, but simple man.

"Come and join me and take a rest, for your form is such that I see a need in you to share the burden that you carry."

The other man sat down, stared far into the distance for a while and then began. "I have lost the very dearest person known to me." Tears welled up in his eyes as he spoke, he then fell silent for a short time before continuing. "I feel that I am constantly walking up a hill and that the wind is always against me, my feet are as heavy as clay and in my stomach I carry hot coals. I say to myself now that I must turn back to ease this pain. If I walk back down the hill then maybe I will find that all of this is not true and that my loved one will be waiting to greet me."

The traveler sat listening to the other man's story, and replied.

"You must not go back down the hill. You need to reach the top, for thereafter you will find the path will level, the wind will soften, your feet grow lighter and the hot coals will cool. To go back down the hill will prolong your pain, for the path to your healing is forward and up the hill."

As the traveler got up to continue his journey, he said to the other man, "The one you have lost is not at the bottom of the hill but with you all the time, for you carry their spirit in your heart."

Anonymous

### To The Newly Bereaved

As the years pass, we see new members come into our chapter, and we try to help them with their grief as we progress in our own. Over and over again I have seen newly bereaved parents come to their first meeting totally devastated and convinced that their lives are over. Through the months (and years) I have seen them struggle and suffer as they try to find meaning in their lives again. And they do!

Through all the anger, pain and tears, somehow the human spirit is able to survive and flower again in a new life – perhaps a changed life and possibly a sadder one, but a stronger one nevertheless.

We feel so weak and crushed when our beloved children die, but I know, because I have seen it countless times in the years I have been involved with The Compassionate Friends – that we can make it together. When you walked through the door for the first meeting, you were frightened and nervous; but with the first step you made a statement about your life. With that first step through the door, you said you wanted to try, you wanted to find a reason for living again, and that you weren't willing to be swallowed up by your grief. You wanted to go forward, and those first steps into The Compassionate Friends began your journey.

The journey will be a long one, for you loved your child with all your heart and soul. When that child died, a part of you was ripped away. It takes time to repair that large hole. The journey will not always be steady or constant; there will be many setbacks. Those of us who have taken the journey before you can assure you that, while there may be no rainbow at the other end, there is indeed "light at the end of the tunnel." We want to help you as we were helped, but in the beginning and in the long run, you must help yourself. You have to want to get better, to talk about your loss, and to struggle through the grief. We will listen, suggest, share, laugh and cry with you; and we hope, at this time next year, you'll be several steps along in your personal journey through grief. Then you can begin to help others.

Karen Schendel TCF Houston, TX

### Autumn Tears

We'll look back on September and realize that somehow we made it through those dreaded first days of school. Whether it was the anticipation or the actual days that were the worst, we survived. We used our faith, our support systems or just plain hard work and made it over yet another hurdle. We watched small children heading for their first day of kindergarten, listened to excited teenagers talk of high school and heard stories of children leaving home to attend post-secondary school. Somehow we rode the waves of grief and found ourselves ashore again.

As these waves subside, new ones will build as we head into the holidays that speak of, and to, children. Halloween will soon approach and for some, painful memories. Thanksgiving arrives to exemplify family and togetherness and Christmas looms ahead. These special days are forever reminders of our loss...the costumes we'll never sew, the empty chair at turkey dinner, the fun and magic we'll never share with someone we love. Forever reminders that our child has died.

To survive when these events and anniversary days come around, let's find time to think of the good memories we have...the announcement of our long awaited pregnancy at Thanksgiving dinner, the look of excitement on our son's first Halloween night, the vision of our daughter helping prepare the turkey dinner. These holidays will always be reminders that our child died. Let us also make them reminders that our child lived! They left us memories more precious than any others to hold and celebrate!

Penny Young

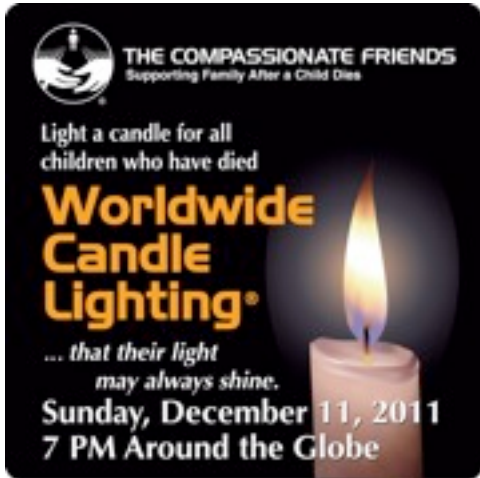
TCF, Powell River, B.C.



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 8



## Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 11, 2011, 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.

## 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 SAT.,  
DECEMBER 3rd, 2011**



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

## TCF CANDLELIGHT MEMORIAL

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 \_\_\_\_\_

Create my slide with information & pictures provided.

Please use last year's slide.

Please return pictures when finished.

Email information to [stewart@archangelgifts.com](mailto:stewart@archangelgifts.com) or send to:

Stew Levett, 160 El Dorado Lane, C.S. CO 80919





# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

September, 2011 Newsletter

Page 9

## BACK TO SCHOOL

We've made it through summer and it's time to settle down for the winter.

Everywhere you look it's "Back To School" sales and bargains. The mail and newspapers are full of ads about what your child needs. Great! But what if your child isn't going to school?

We found out about holidays soon after Jessica died. Valentine's Day, which is usually pretty inoffensive, came ten days after her death. She had been making plans for her preschool party and we quickly found out about holidays and what they are like after a child dies. After that came other holidays and a birthday. But one snuck up on us and caught us with our guard down.

I began to feel very uncomfortable about the notices for Kindergarten registration in the papers. Then the back-to-school ads started. As the first day of school approached, I knew this was a day I hadn't expected to have to handle as part of my grieving. I hadn't even read about it in all the books I'd been poring through. Fortunately, I had two dear friends that felt my apprehension of the coming day. They were determined to keep me busy, but the agony was still there. It seemed like everywhere I looked were school buses and excited children in their new clothes. I kept thinking how unfair it was. Jessica is in new clothes but where is she—certainly she wasn't one of those happy, excited children going off to school.

I hear the other moms saying they can't wait for school to start so they will feel free. This is the year I would have been "free". Jessica would have been in school all day and my son is going into seventh grade. FREE! If the other moms only knew. For the past nineteen months I've been so free I can't stand it.

Peggy Miller

TCF, Seattle-King Co, WA

## TEAR SOUP - REVISITED

A few months back at one of our regular monthly meetings, steering committee member Jane Gabriel read from the book *Tear Soup*. The reading generated much discussion so I thought I'd resurrect the topic and include a review found in the Tucson, AZ TCF newsletter.

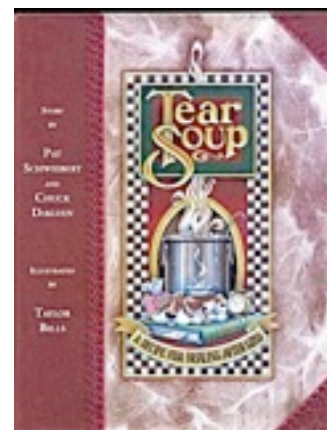
TEAR SOUP, a recipe for healing after loss, is a family story that centers around an old and wise woman, Grandy. Grandy has just suffered a big loss in her life and so she is headed to the kitchen to make a special batch of Tear Soup.

There she chooses the size pot that is right for her loss, and she puts on her apron because she knows it's going to be messy. Then Grandy starts to cry. At first she weeps, then she sobs, eventually she wails.

Slowly the pot is filled with tears as the old woman steepes away. To season her soup Grandy adds memories like the good times and the bad times, the silly and the sad times. She does not want to forget even one precious memory of her loss.

Tear Soup recognizes and reinforces the fact that every member of the family from the youngest to the oldest will grieve in their own way-taking their own time and in doing so, find those things which help them best. Essentially, we each make our own batch of Tear Soup when we grieve the loss of someone we love or for any major change in our lives. We make Tear Soup when we move far away from the ones we love, or lose our job.

Tear Soup is Universal. No one is left out. Because we never learn exactly who or what Grandy lost and why she is making Tear Soup, the story remains open to countless situations of bereavement and family members. By emphasizing the individual process of bereavement by making soup, Grandy's brings a warm and comfortable feeling to an otherwise difficult subject matter for many individuals. The book is written by Pat Schwiebert & Chuck DeKlyen with illustrations by Taylor Bills.



**Dated Material - Please Deliver Promptly - Return Service Requested**

*The Compassionate Friends, Inc.*

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**September 2011**

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



**Pikes Peak Chapter  
The Compassionate Friends**