



**THE
COMPASSIONATE
FRIENDS**
PIKES PEAK CHAPTER
Supporting Family After a Child Dies



April 2016

Upcoming Events

April 21st - General Meeting, Sharing Music - 7:00 p.m. - First Baptist Church

May 19th - General Meeting - 7:00 p.m. - First Baptist Church

STEERING COMMITTEE

CHAPTER LEADER

LARAINÉ ASARO-ANDERSON
Son, Michael Edward Anderson

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

TREASURER

YVETTE THOMPSON
Son, Ryan Barry Thompson

NEWSLETTER EDITOR & EMAILINGS

STEWART LEVETT
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

BOB THOMPSON
Son, Ryan Barry Thompson

SC MEMBER/LIBRARIAN

CHAE LA CHRISTIANSON
Son, Damon Vincent Christianson

SC MEMBER/WELCOME PACKETS

LETA LEVETT
Son, Aaron Paul Levett

SC MEMBER

LEONIE CRAMER
Son, Julian Anthony King

SC MEMBER

DIANNE McLAUGHLIN
Son, Kevin Hardman

TELEPHONE FRIENDS

Any of these members may be contacted to talk about your loss:
All telephone numbers are 719 unless otherwise indicated.

CHAPTER LEADER

LARAINÉ ASARO-ANDERSON * 351-7653

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT * 531-5488

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON * 573-2743

LEUKEMIA

JANE & STEVE GABRIEL * 282-1924

ADULT CHILD / SUDDEN DEATH

CHAE LA CHRISTIANSON * 687-6688

SUICIDE

LARITA ARCHIBALD 596-2575

MULTIPLE LOSSES

LORI DARBY 464-4703

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

Please feel free to contact any of these Steering Committee





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 April 21, 2016.

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.

Support Resources

TCF Online Chat Groups:

www.compassionatefriends.org/resources/online_Support.aspx

- For questions, please contact Diana Jorden, 925-432-3854, who moderates the general grief and suicide loss rooms on Friday nights and Sunday. TCF online offers several specialized chat rooms, all moderated by moms who have been in chat for at least 2 years or more. We offer a sibling-only chat, loss under 1 year, loss over 2 years, loss of only child, suicide survivor, infant/pregnancy loss, and every night (and Monday mornings) there is a general loss room open to parents, step and grand, and siblings.
- You can sign up for the online TCF National newsletter at www.compassionatefriends.org
- You can reach our TCF National Facebook page through the link on the same home page of our national website. You will be asked to join Facebook if you are not already a member, and we hope you'll find our Facebook page as interesting as do the more than 11,000 fans who have already found us!



Chaplain

**Gene Steinkirchner
CSPD**



Chaela Christianson
in loving memory of her son
Damon Vincent Christianson
5/30/1977 ~ 7/3/2010



Welcome to our new families:
Jason and Lana Sharp - Son Elijah

Welcome New Friends.

At nearly every meeting we welcome new members to our group, always with mixed emotions. We are glad you found us, but we are so sorry for the circumstances that bring us together. We understand your pain; we hope our unconditional friendship and understanding will help you through your grief. Attending a meeting for the first two or three times takes courage, but for many it is the first real step toward healing. It may seem overwhelming, so we encourage you to come to several meetings to give yourself a chance to become comfortable.



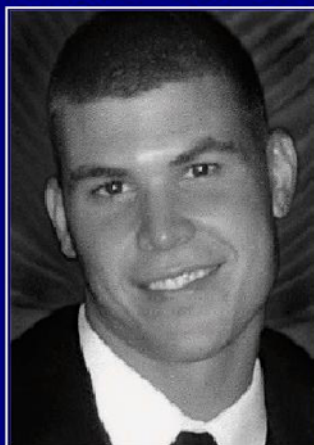
Newsletter Sponsor
in Memory of

Michael Anderson

Michael Anderson

OCT 20, 1983~OCT 4, 2004

"I Love You Too Much!"



Age 20 - Motorcycle Accident



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Beau Begier and Devin Seifert had in common the love for our majestic Rocky Mountains. They shared a particular interest in Mt. Herman. When Don showed me a fort that Beau had built at Mt. Herman I was compelled to commemorate it with an etched stainless steel plaque. Beau may be gone but his memory will live forever!
Thank you, Steve Seifert.





Remembering Our Children On Their Birthdays - April

Child's Name	Date of Birth	Compassionate Friend
Christie Fike	Apr 2	Shirley & Dan Emerson
John Andrew Schoen	Apr 2	Joyce Schoen
Michael Robert Pugh	Apr 2	Robert & Donna Pugh
Kaitlin Bartlett	Apr 3	Kim Bartlett
Michael Zwirlein	Apr 3	Chris Zwirnlein
Steven James Gantz	Apr 4	Diana Gantz
Mike Mozo	Apr 5	Valerie Kirchhofer
Heidi Susanne Wolfe	Apr 6	David & Karen Wolfe
Joseph Gentry Richardson	Apr 6	Miriam Gentry
Acacia Barbara Clen	Apr 8	Cindy Santarte
Tommy Kinslow	Apr 9	Pam Kinslow
Julie Bankston	Apr 13	Peggy Bankston
Zachary Nicholas Hoke	Apr 16	Debra & Steve Hoke
Patricia Spain Boden	Apr 18	Myra Spain
Jonathan Steven Gabriel	Apr 19	Steve & Jane Gabriel
Colby McCarley	Apr 19	Tami Sisneros
Bryan Michael Womeldorff	Apr 20	Shawn Brown
Jake Holm	Apr 20	Eric & Kalyne Holm
Beau Matthew Begier	Apr 20	Don & Gina Begier
Tyrone Elliott Bautista	Apr 22	Rosemary Devney
Miguel Meza	Apr 24	Susan Meza
Steven Miller	Apr 27	Mike Miller
Juan Marine	Apr 29	Pamela Marine
Kaden France	Apr 30	Jeremy & Sarah France
Micah David Smilser	Apr 30	Robin Myers
Sara M. Losasso	Apr 30	Cindy Losasso



Remembering Our Children On Their Anniversaries - April

Child's Name	Age	Date of Death	Compassionate Friend
Richard McShan	23 years	Apr 1	Paul & Angelika McShan
Erin Marie McCallister	3 weeks	Apr 2	Steve & Carol McCallister
Matthew John McCallister	22 years	Apr 3	Steve & Carol McCallister
Brian Patrick Adair	13 years	Apr 4	Duane & Mary Adair
Skylar Lynn Boyle	22 years	Apr 4	Cathleen Boyle
Abraham Daniel Boukhari	18 years	Apr 4	David & Deborah Woodrow
Ronald Eugene Peterson	15 years	Apr 5	Ron Peterson
Kristie Diaz	26 years	Apr 7	Julie Diaz
Douglas Radowski	41 years	Apr 8	Renee Roettger
Lindsey Everding	18 years	Apr 10	Trena Everding & Dave Kiefer
Kyle Snyder	24 years	Apr 10	LuAnn Walters
Rocke Lee Corley	42 years	Apr 11	Jeanne Corley
Patrcia Elliott	19 years	Apr 11	Connie and Dave Elliott
Timothy Scott Williams	27 years	Apr 12	Lea Blanc
Lindsay Jean Morris	20 years	Apr 12	Linda Morris
Michael Robert Pugh	13 years	Apr 12	Robert & Donna Pugh
Eric Johnson	22 years	Apr 13	Gary Johnson
Michael Eck	15 days	Apr 14	Patricia Eck
Dennis Lynn Gerringer	16 years	Apr 16	Kim Gerringer
Sarah Sunshine Wedekind	30 years	Apr 16	Lorry Pearson
Richard "Richie" Petras	3 years	Apr 16	Richard Petras
Acacia Barbara Clen	13 years	Apr 16	Cindy Santarte
Naomi Katherine Schwartz	1 year	Apr 16	Tim and Sonoko Schwartz
Dawn Michelle Wiley	21 years	Apr 18	Luanne Wiley
Jalynn Cameron		Apr 19	Jessica Cameron
Miguel Meza	20 years	Apr 19	Susan Meza
Forrest Kelly	27 years	Apr 20	Cindy Bronner
Leah Rae Wiley	23 years	Apr 21	Russ & Kelly Wiley
McKenzie Boutin	17 years	Apr 25	Colleen Boutin
Gary Carlson	44 years	Apr 25	Phil & Rose Carlson
Blaine Joseph Steele	15 years	Apr 26	Paul Petta
James Bishara	19 years	Apr 27	Phebe Bishara
John Andrew Schoen	55 years	Apr 27	Joyce Schoen
Micah David Smilser	1 day	Apr 30	Robin Myers
Clay Cline	53 years	Apr 30	Arlene Robush



As we all know, the death of our child, no matter what age or circumstance, is a shattering experience for a family. When a child dies, to whom does a family turn for the emotional support they will need during the grief journey that lies ahead? If you are reading this newsletter, you have already learned that The Compassionate Friends understands that grief for a child lasts longer & is more intense than society commonly recognizes. Together as grieving parents we can offer empathy and understanding of this loss, while also recognizing that each person's grief is unique.

Do you know someone who is in need of The Compassionate Friends? Won't you be the hand that reaches out and offers support by giving them information about our organization?



Music is such an important part of our lives marking birthdays and anniversaries, first dates and conjuring up memories of loved ones, past and present. Our April 21st general meeting will be an opportunity for you to share the music that meant so much to your child.

Is there a favorite song of your son or daughters that you'd like to share? Is there a particular song that brings back loving memories? Perhaps you'd like to share a song that best captures your grief or journey through the healing process.

Please bring a cd or tape or some other form of music to share with the other members of our group. We will try to have players to accommodate your music source. If you'd rather, you can always bring printed lyrics to read.



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, Yvette Thompson 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 Yvette Thompson, 5012 Rocking R Dr., Colorado Springs, CO 80915 ⇒

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: Yvette Thompson – 5012 Rocking R Dr. – Colorado Springs, CO 80915

Contributor Name & Address: _____

Relationship: ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

Photo Enclosed: ☐ Yes ☐ No

Photo To Be Returned: ☐ Yes ☐ No

TO OUR NEW MEMBERS

Coming to your first meeting is the hardest thing to do. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person or just the right words that will help you in your grief or comfort you. Remember we have all been there and even though circumstances may be different we really do understand. You are not alone

TO OUR SEASONED MEMBERS

We need your encouragement and support. You are the string that ties our group together. Each meeting the pain will not always be this bad it really does get better with wisdom. Show others that there is hope, from someone who has found it.



HEALING WORDS

Are We Bitter? It's Our Choice Marilyn H., TCF Redlands, CA

A few years ago I received a phone call telling me that a drunk driver had killed my friend's husband. The caller said I should go to see my friend. My first thought was, I don't really know the widow all that well. I'm sure she will have lots of friends to help her. What if she doesn't want to see me? What if she thinks I'm intruding?

After some internal struggle, I went to my friend's home. As I walked in, everyone became quiet, and then a whisper sort of rippled around the room, "Marilyn is here!" I saw my friend sitting on the couch. She motioned for me to come sit by her, and she whispered, "I've been hoping you would come. I have so many questions and I think you can answer my questions." My friend and I talked so easily that I nearly forgot anyone else was in the room.

That day I realized that I had gained a position of credibility because I had experienced the death of three of my four sons. Had I asked for that credibility? Absolutely not! But I got it anyway. The only choice I had in the matter was what I was going to do with my experience. Anna Quindlan stated, "Our lives are defined by those we have lost." I read that quote years ago, and it stuck with me. So what does it mean?

I think it means that once we have walked through the terrible trauma of the death of our precious child our lives are changed forever. How our lives have changed is totally up to us.

Because our child died:

We can be more sensitive to others. We can be more observant and notice when others seem to feel sad. We can show up quickly when someone dies. We can answer the question, "Am I going crazy?"

We can help someone know it is normal to want to see their deceased child. We can sit and hold someone's hand when they are afraid. We can remember the death date of a child. We can let others know they needn't fear they might forget their child. It won't happen. We can be the one to remember special days of our bereaved friends. We can be the one to help empty out a deceased child's room. We can be the one to understand because: we are different.

We have let our lives be defined positively by those we have lost. Here are the other choices.

Because our child died:

We can choose to be insensitive. We can choose to be indifferent to other's pain. We can stay away when a tragedy happens to someone else. We can refuse to offer comfort. We can refuse to talk about our pain. We can cause others to feel uncomfortable and afraid to mention our child's name. We can allow our lives to be negatively defined by those we have lost. It's up to us. We can be bitter or better. It is our choice.



THOUGHTFUL POEMS

Survival Is Possible

by Norma S. Grove - W. Central Iowa Chapter

As you travel
through the maze of living,
seared by the sorrows
life hands out
you can survive the onslaught.

You can recover –
Learn to live again –
Get familiar with your transformed self –
Discover new reasons to go on –
If only you will reach out,
Helping others with their agonies.

You will survive
if you never lose sight
of Hope.

Mystery

I bought toys for my baby
after she died
And I opened the cedar chest
and put them inside
And nobody ever knew but me
The meaning of the mystery
Of brand new toys hidden here and there
And not one baby anywhere.

Andy Cipriano
TCF, Tallahassee FL

What I Need

A lot of time!
A little space.
A kind of quiet Resting place,
At times like these
a special spot
where I can grieve.

Beth Pinion TCF, Andalusia AL

TEARS

Tears come unannounced
They come as a trickle
Or in a flood
Some can be choked back
Other times they come when we
Least expect them and we are all choked up.
They remind us of our loss
Help us with our grief.
Tears come with music, or
In the silence of the night
They come when our thoughts are sad
They represent our loss
Thousands of tears for all the
Times we shared and for the
Lost moments we wanted to share, with you.
Tears know no time limit,
Whether it's a day, a week, or a lifetime.
Tears glisten in the sun
Or freeze in the cold.
We wear them as a badge
To honor our loved one
So when all is said, just
Let them flow, without shame, or apology
Because you hurt, because you care,
The angels will understand.

George Carafos - TCF Rochester, NY



Missing Newsletters!

I have found out that many of you have not been receiving our monthly newsletter!! Luckily I now have a fix. If you are missing back issues of our newsletter just drop me a line and I'll be glad to get you caught up. Send me an email and tell me which issues you'd like @

compassionatefriendspikespeak@gmail.com

Hope For The Day

What am I going to do today? Every day that is the most difficult question that a person who is suffering loss faces. Am I going to get up and get out of bed, OR am I going to pull the covers up over my head and not face the day? Grief is hard work. It is painful. It is lonely. And nobody can do the hardest part of grief work for you - feel the pain. Yet we have help along the way. Every one of us has an extra source of help called "HOPE" that is lying dormant inside the depths of the heart. And when we call on this HOPE we can be certain we will be given the strength we need to face the day - hour by hour at first, but we will be given the strength to get through each day! Are you having trouble facing today? Call on your source of HOPE and wait for an answer. Sometimes it comes in the form of a butterfly lighting upon your window sill. Maybe you will see hope in a fluffy white cloud that is in the sky. Perhaps you'll see hope spelled out in a rainbow that follows a storm. Or maybe your hope will come in the still whisper of the gentle breeze blowing in your ear that reminds you that you are never, ever alone. Take courage in today and look for YOUR special HOPE! It's there, and it will not fail you. Don't worry about tomorrow, as that's another day. Just look for your HOPE for TODAY and be assured that you will get through! "Today I will deal only with today and I know that I can do it hour by hour, minute by minute, hope by hope."

~Clara Hinton, Cape Cod TCF Chapter



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

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