



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



April, 2019

STEERING COMMITTEE

CHAPTER LEADER

Currently Open

MAILINGS & DATABASE

Jane & Steve Gabriel

Son, Jonathan Steven Gabriel

TREASURER

Ruby Doyle

Son, Patrick Michael Doyle

NEWSLETTER EDITOR & EMAILINGS

Stewart Levett

Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

Chaela Christianson

Son, Damon Vincent Christianson

SC MEMBER/WELCOME PACKETS

Leta Levett

Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

Ron Agee

Daughter, Melody Victoria Agee

TELEPHONE FRIENDS

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

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT - 719-531-5488 *

LEUKEMIA

JANE & STEVE GABRIEL - 719-282-1924 *

ADULT CHILD / SUDDEN DEATH

CHAELE CHRISTIANSON - 719-687-6688 *

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON - 303-814-9478

*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?

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.

Our next meeting will be held on April 18, 2019

M is for Mother

For Leta

M is for just how much we Miss them
O is 'cause they're never growing Old
T is for the Tears that we shed daily
H is for the Heartbreak since they've gone
E is for Every day we miss them
R is for we Really, Really care
 You may be gone but I am still your Mother,
 wishing every day that you were here.

Stewart Levett -TCF Pikes Peak Chapter



WHAT GRIEVING MOMS WANT FOR MOTHER'S DAY

Acknowledgement is what grieving mother's want most for Mother's Day, suggests a survey by www.thecomfortcompany.net a website that specializes in meaningful sympathy gifts. The online survey asked, "What can others do to ease your pain on Mother's Day?" Over 80 percent of the 200 respondents answered, "Recognize that I am a mother."

"While Mother's Day is generally considered to be a day of celebration, for many women it is a day of pain and loss," says Renee Wood, former social worker and founder of the Comfort Company. "It's important to remember those moms who have had a failed pregnancy or who have lost a child at any age."

In response to the survey result, The Comfort Company has issued a list of ten simple ways to reach out to a grieving mother on this difficult holiday.

- *Recognize that they are a mother. Offer a hug and a "Happy Mother's Day." Send a card to let them know you remember they are a mother even though their child is not with them physically.*
- *Acknowledge they have had a loss. Express the message, "I know this might be a difficult day for you. I want to know that I am thinking you."*
- *Use their child's name in conversation. One mother responded, "People rarely speak his name anymore, but when they do it's like music to my ears."*
- *Visit the grave site. Many a mother felt it was extremely thoughtful when others visited their child's grave site and left flowers or a small pebble near the headstone.*
- *Light a candle. Let the mother know you will light a candle in memory of her child on Mother's Day.*
- *Share a memory of a picture of the child. Give the gift of a memory. One mother wrote that the "greatest gift you can give is a heartfelt letter about my child and a favorite memory with them.*
- *Send a gift of remembrance. Many mothers felt a small gift would be comforting. Suggestions included an angel statue, jewelry, a picture frame or a library book donated in the child's name.*
- *Don't try to minimize the loss. Avoid using any clichés that attempt to explain the death of a child ("God needed another angel.") Secondly, don't try to find anything positive about the loss ("You still have two other healthy children")*
- *Encourage self-care. Self-care is an important aspect of the "healing the mind and spirit effort" according to several mothers. Encourage a grieving mother to take care of herself. Give her gift certificate to a day spa or any place where she can be pampered.*

—Renee Wood
www.thecomfortcompany.net





Welcome New Friends.
Polly Kelley - Son, Michael Stump

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.

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.

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:

Pikes Peak - www.TCFPikesPeakChapter.org
Facebook - <https://www.facebook.com/TCFPikesPeak>
National - www.compassionatefriends.org TCF asks for donations in memory of our children who have died.

Digital Picture Frame - If you've been to one of our monthly meeting then you've noticed our large digital picture frame displaying picture of our children. Should you be interested in adding your child's picture to our display, please bring a picture to scan to our meeting or (preferred) email the picture, along with child information to Stew Levett at PikesPeakTCF@gmail.com Pictures will be returned after they have been scanned and your child's slide completed.

TCF asks for donations in memory of our children who have died.

Our chapter is funded solely through donations; therefore we sincerely appreciate your support. Your generosity helps us send newsletters, purchase brochures and cover the many expenses to help grieving families in our community. All donations are tax deductible. You and your child's name will be noted in the next newsletter. Workplace "Matching Gift" programs can increase your donation by 50-100%. Please help us help others through making a LOVE GIFT donation today.



Ursula Hill in memory of
Kyle Curtis Hill
Chaplin Eugene Steinkirchner
Love Gift Donation - CSPD
Chaela Christianson in memory of
Damon Vincent Christianson

TINY LITTLE FOOTPRINTS

Little footprints on a paper,
Tiny footprints stamped on white.
No smiling pictures of your bath time, No running or flying a kite.
Such sparse memories I have of you, Sweet, beautiful, babies mine.
No keepsake rattles or no bronzed shoes, No treasures for me to find.
Just tiny little footprints,
That I look at every day,
My memories of two little boys, That the Angels took away.
We will make a million memories, When Daddy and I get there,
Oh wait, we'll make it two million, After all, you are a pair.

Marilyn Rollins TCF Lake-Porter County, IN



Remembering Our Children On Their Birthdays

Child's Name	Birthday	Compassionate Friend
John Andrew Schoen	Apr 2	Joyce Schoen
Christie Fike	Apr 2	Shirley & Dan Emerson
Michael Robert Pugh	Apr 2	Robert & Donna Pugh
Sarah Ness	Apr 2	Mary Ness
Kaitlin Bartlett	Apr 3	Kim Bartlett
Gabriel King Mix-on	Apr 3	Rhonda Wilson
Michael Zwirlein	Apr 3	Chris Zwirlein
Steven James Gantz	Apr 4	Diana Gantz
Colin Robert Spangenberg	Apr 5	Lois Spangenberg
Mike Mozo	Apr 5	Valerie Kirchhofer
Joseph Gentry Richardson	Apr 6	Miriam Gentry
Heidi Susanne Wolfe	Apr 6	David & Karen Wolfe
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
Jared Todd LeFevre	Apr 16	Susan Reed
Sabrina Stanard	Apr 17	Ramah Stanard
Colby McCarley	Apr 19	Tami Sisneros
Jonathan Steven Gabriel	Apr 19	Steve & Jane Gabriel
Caleb Norris	Apr 19	Keith Norris
Jake Holm	Apr 20	Eric & Kalynne Holm
Beau Matthew Begier	Apr 20	Don & Gina Begier
Bryan Michael Womeldorff	Apr 20	Shawn Brown
William Murphy	Apr 21	Deb Murphy
Tyrone Elliott Bautista	Apr 22	Rosemary Devney
Miguel Meza	Apr 24	Susan Meza
Logan Jude Swearingen	Apr 26	Stephanie & Landon Swearingen
Steven Miller	Apr 27	Mike Miller
Michael Stump	Apr 29	Polly Kelley
Juan Marine	Apr 29	Pamela Marine
Kaden France	Apr 30	Jeremy & Sarah France
Sara M. Losasso	Apr 30	Cindy Losasso
Micah David Smilser	Apr 30	Robin Myers

Last moments Snatches of conversation
That echo across all decades...
Priceless words Indelibly etched on the heart.
Sometimes Thoughts were never spoken
But unexpected sentiment—
A quick embrace, a silly smirk, Or joyous laughter—

Reaches through the pain And warms the heart.
We came too soon to understand
The folly of harsh words
Or neglected touch,
For who can know which Taken-for-granted event
Will become A last moment.
Diane Fields TCF Westmoreland, PA



Remembering Our Children On Their Anniversaries

Child's Name	Age	Anniversary	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
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
Karey Ackerman	40 years	Apr 14	Bob & Joann Zelins
Dennis Lynn Gerringe	16 years	Apr 16	Kim Gerringe
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
Jayden Pierce	4 months	Apr 17	Dawn Hendricks
Dawn Michelle Wiley	21 years	Apr 18	Luanne Wiley
Jalynn Cameron	4 months	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
Rachel Rafferty	24 years	Apr 28	Gary & Kris Rafferty
Sarah Lowes Robertson	43 years	Apr 29	Barbara Ball
Micah David Smilser	1 day	Apr 30	Robin Myers
Clay Cline	53 years	Apr 30	Arlene Robush



Thoughtful Words

LIVING IN A FANTASY

Fay Harden - TCF, Tuscaloosa, AL

I took my granddaughter shopping today. It was a special outing for just the two of us. We went to the toy department of a large department store. We were in luck, for once there was no one there! No other shoppers and the sales lady had stepped out. I lifted my fifteen month old darling out of her stroller and set it aside. Then I began to slowly walk her through the aisles and show her the toys. After a while I let go of her hand and said, —You may look, my Sweet, go find a special toy for Grandma to buy for you.

She stood for a minute and then began to pick up the toys that attracted her. I just followed her around and watched. She picked up things here and there, a doll was hugged, a toy truck was pushed across the floor. Around the displays she went in silent wonder, lifting and looking and dropping – mainly on the floor. She shook a box, blowing on a whistle made her laugh, and she tried to work a top until a colorful pull-toy was noticed, she dashed over to it and gave it a few turns around the store then spied the shelves above.

She stood and thought a few seconds and then shoved some things over and climbed up on the lower shelf. I watched with pride at her ingenuity and daring as she snared the treasures from the higher shelf and tried them out. A tall wire basket of brightly colored balls caught her eye and she went over, stood on tiptoe but could not reach the balls

inside. Without a backward look to me for help she simply caught hold of the top and turned the basket over, spilling its rainbow of colors across the floor. She picked up a red one and tossed it. What fun we were having, both in wonderlands of our own. As the nice lady and I picked up and sorted out the mess, Grandma's little angel dragged a teddy bear around by one ear.

Too soon the sales lady returned only to stop just inside the door and laugh at the shambles we'd made of her formerly neat displays. What a sight we must have been trundling around knee deep in toys.

We purchased Ted the Bear and the toys whose boxes were too badly mangled, for toddlers sometimes sit down quickly, and with our bags secured to the back of M'Lady's carriage, filled with satisfactions, we strolled away from my fantasy. A fantasy much like those of other people like me.

People whose children die too soon. People whose grandchildren won't be born. People who know what they are missing. People who are lonely.

My granddaughter is only a fantasy. She is the dark-haired, button-eyed daughter my son won't have. She's one of the memories I'll have to miss. And if this makes you cry, it does me too.

Early Spring Drive

Young leaves of green and yellow,
falling too soon before my windshield in early
spring, remind me that the natural order
may summon its own variance.

These leaves will not flutter gracefully
as expected on trees of spring and summer,
shading, cooling and delighting.

They have fallen to the ground long before
their season, knowing other leaves will join
them in future autumn.

*Carol Thompson, TCF Tyler, Texas
In memory of Sarah, 3-7-2007*



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: Ruby Doyle – 6552 Lange Dr. – Colorado Springs, CO 80918

Contributor Name & Address: _____

Relationship: Son Daughter Grandson Granddaughter Friend Other

Photo Enclosed: Yes No Photo To Be Returned: Yes No

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 electronically scanned and added to our electronic Child Remembered "Picture Frame" displayed at monthly meetings and then returned to you.

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.

\$25 up to \$50 - A picture, if available, and dedication to be listed in the newsletter.

\$0 up to \$25 - A Love Gift acknowledgement. All Love Gift donations should be sent directly to our treasurer, Ruby Doyle 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 Ruby Doyle, 6552 Lange Drive Colorado Springs, Co 80918 ⇐

Thank you for contributing and supporting the work of our local chapter!



Grief Recovery After a Substance Passing

Colorado Springs Chapter of GRASP
Support Group for those who love someone who died from substance use disorder.

Second Wednesday of Each Month
Springs Recovery Connection at
The Sanctuary Church, 1930 W. Colorado Ave.
Colorado Springs, CO 80904

New-Comers, Please Pre-Register:

Sheri Barger: SheriBarger@icloud.com

Becca Wesselman: wesselwoman@q.com

www.grasphelp.org

Community Resources

Friday April 26, 2019
Journey of the Heart
Conversation with Kay
Finding Life after Loss




After experiencing the loss of their son Mathew to suicide, Rick and Kay Warren had to navigate their way through the difficult journey of grief. Come join Kay as she shares how she learned to find joy and life again in this "Valley of the Shadow of Death."

If you have experienced the loss of a loved one you will be encouraged as Kay shares her story of grief, mystery and hope.

Hotel Elegante' Summit Ballroom
2886 S. Circle Drive, Colorado Springs, CO 80906
Registration and Welcome 6-7 pm, Presentation 7-8:30
Preregistration at www.heavenlyhopeandhealing.org

Heavenly Hope and Healing
Following the Loss of a Child

Dated Material - Please Deliver Promptly - Return Service Requested

The Compassionate Friends, Inc.

Copyright © 2018 - All Rights Reserved

April, 2019

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



42ND TCF NATIONAL CONFERENCE



RINGS OUT IN
PHILADELPHIA

JULY 19-21, 2019