



Upcoming Events

February 18th - General Meeting - 7:00 p.m. - First Baptist Church
March 17th - 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:

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

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

*Please feel free to contact any of these Steering Committee members if you can not reach our Chapter Leader. **





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 February 18, 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:
Marte Lauther - Son Scott Lauther

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.



*The
Compassionate
Friends*
Supporting Family After a Child Dies

*The National Office wishes to congratulate
The Compassionate Friends
Pikes Peak Chapter #1465
for 35 years
of helping bereaved families.*

"We Need Not Walk Alone"

March 2015

Lisa Corrao

Lisa Corrao
Chief Operating Officer

Terry Novy

Terry Novy
Director of Chapter Services



Sheila Slade
in loving memory of my daughter
Karen Jean Slade
Birthday - February 2, 1950
Died - February 7, 1980

February Newsletter Sponsor



Remembering Our Children On Their Birthdays - February

Child's Name	Date of Birth	Compassionate Friend
James R. Hurst	Feb 1	Kim Troeger
Karen-Jean Slade	Feb 2	Sheila Slade
Kent Curtis Junglen	Feb 3	James Junglen
Carrie Claire-Eileen Noyd	Feb 4	Travis Noyd
Stephen Merle Schmoker	Feb 5	Shirley & Ralph Greer
Michael William Sarmiento	Feb 7	Donna (Sarmiento) Pugh
Kimberley Dawn Leir	Feb 8	Adaline & Herb Leir
Tyler Glicken	Feb 8	Ginger Jones
Samuel Hesselberg	Feb 9	Steve & Leanne Hesselberg
Lindsay Yvonne Davis	Feb 11	Susan & Jerry Davis
Ryan Rickman	Feb 11	Jean Rickman
Jay Aguanno	Feb 12	Jean Aguanno
Claire Palmer	Feb 12	JoAnn & Lawrence Palmer
Gary Carlson	Feb 15	Phil & Rose Carlson
Kevin Edward Farley	Feb 15	Elizabeth Farley
Treasure Carswell-Benford	Feb 16	Linda Benford
Aaron Steffens	Feb 16	Lynn Nickel
Ember Maria Arthur	Feb 16	Jeanette Newville
Alyssa Eck	Feb 17	Patricia Eck
Joyhanna Benford-Grimm	Feb 17	Linda Benford
Zachary Dean Glenn	Feb 18	Kristin & Larry Glenn, Janice Bren
Chance Tyler Nichols	Feb 19	Charlie Nichols
Kendall Ford Young	Feb 20	Ford & Ann Young
Nikolas Chunn	Feb 21	Monica Chunn
Michelle Sandra Seal	Feb 23	Walter & Diana Seal
Jade Skye Baxter	Feb 24	Christina & Steven Baxter
Darrell Lewis Mitchell	Feb 27	George & Freda Mitchell
Fred Chavez	Feb 27	Annette Atchison
Michael Ramirez	Feb 27	Jennie Ramirez
Jason Lamb	Feb 28	Jan Lyons-Lamb
Ariel Allen	Feb 28	Judy Allen



Remembering Our Children On Their Anniversaries - February

Child's Name	Age	Date of Death	Compassionate Friend
Paul A. Behr	2 months	Feb 1	Cynthia & Steve Behr
James Craig Stiegelmeier	25 years	Feb 2	Betty Stiegelmeier
Craig Matthews	30 years	Feb 4	Cathy Genato
Scott Michael Gerwatowski	21 years	Feb 4	Linda Gerwatowski
James R. Hurst	6 days	Feb 5	Kim Troeger
Jaclyn Williams	14 years	Feb 6	Sandy & Rob Williams
Tristan Millman Troeger	25 years	Feb 7	Lisa & Joel Millman
Karen-Jean Slade	30 years	Feb 7	Sheila Slade
Jade Skye Baxter	2 years	Feb 9	Christina & Steven Baxter
Patrick Casey Hildebrand	21 years	Feb 9	Dr. Jan and Judi Hildebrand
Darrell Lewis Mitchell	20 years	Feb 9	George & Freda Mitchell
Yancy Hufford	26 years	Feb 11	Patty & Larry Hufford
Steven Miller	17 years	Feb 11	Mike Miller
Amy Feight	30 years	Feb 12	Patty & Bill Feight
Stephen James Benjamin	26 years	Feb 13	Kathy Benjamin
Noelle Pearl	17 years	Feb 13	Michelle Fleming
Adam Czyz	18 years	Feb 15	Robyn Czyz
John Doggett	47 years	Feb 16	Sandra Searles
Peter Joseph Noel	20 years	Feb 16	Janet Noel Starritt
Eric Cowles	3 months	Feb 17	Doug & Leah Cowles
Alyssa Eck	1 day	Feb 17	Patricia Eck
Stella Elliott	6 months	Feb 17	Donna Elliott
Treasure Carswell-Benford	3 days	Feb 18	Linda Benford
Kent Curtis Junglen	31 years	Feb 18	James Junglen
Graham Stingley	23 years	Feb 18	Mary Winter-Stingley
Logan Lawrence	23 years	Feb 22	Janet & Edward Lawrence
Carrie Claire-Eileen Noyd	24 years	Feb 22	Travis Noyd
Kirsten Evelyn Cornell	9 years	Feb 23	Will & Marion Cornell
Marisa Nicole Pilant	2 years	Feb 23	Stephen & Julie Pilant
Joshua Samuel Shelton	7 weeks	Feb 24	Cherie Berglund-Hensley
Reanna Maria Reedy	21 years	Feb 25	Carol Reedy
Jeremy Laurence	25 years	Feb 26	Ted & Sherrill Laurence
Sean Thompson	24 years	Feb 26	Rick Korcsog & Frankie Thompson
Richard Joseph Armstrong	4 years	Feb 27	Chuck & Helen Armstrong



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?



SAVE THE DATE

*Join Us for the World Premiere
of Our Documentary Film:*

Voices of Grief

HONORING THE SACRED JOURNEY

Sunday, March 6, 2016

4:30 - 5:30 pm Reception (\$25)

6:00 - 8:30 pm **Complimentary** Film Showing
with Musical Performance by Melanie DeMore
and Pikes Peak Threshold Singers

**Seating is Limited.
Reservations Required.**

Go to www.vogevents.org to complete
your seating reservation and purchase
Reception tickets.

or email kathy.sparnins@voicesofgrief.org

**Cornerstone Arts Center
Richard F. Celeste Theatre**

Colorado College Campus
885 N. Cascade Avenue
Colorado Springs, CO

The Documentary Film – **Voices of Grief,**
Honoring The Sacred Journey – shares a fresh
perspective on the many ways we navigate
successfully through grief or companion others
along their journey.

Wisdom from contemporary authors, grief experts
and spiritual teachers is woven through personal
stories of loss to explore the roles of community,
compassion and connection in this sacred journey.

*Mourning in our culture isn't always easy.
Normal thoughts and feelings connected to loss are
typically seen as unnecessary and even shameful.*

– Dr. Alan Wolfelt



FEATURING: Dr. Alan Wolfelt • Marianne Williamson • Dr. Barbara Swaby •
Thomas Lynch • Rev. Dr. Leanne Hadley • Rabbi Harold Kushner • Melanie
DeMore • David Kessler • Paula D'Arcy and more.



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

A loving tribute by Michael Miller whose son Steven died ten years ago this month. Mike posted this on his Facebook page and gave me permission to print it in our newsletter.

Today makes 10 years that I have been without my Beautiful Son Steven! It has not been easy going on without you Man! I still Love and Miss You every day!

When I Lost You, I Lost My Mind!

I couldn't concentrate, I couldn't think about anything but you. Now I can function better but there are still times when I find myself unable to remember much of my life for those first several months after your death.

When I Lost You I Lost My Heart!

It broke into a million tiny pieces, scattered all over the many places that we had been together.

Now most of my heart is back but there are many pieces that are cracked, broken and gone forever. My Heart will never be totally whole again.

When I Lost You I Lost My Joy!

It was so difficult to smile, to see any good in even the smallest of things.

Now I feel Joy again, just not as deeply as I did for the 17 years that you were here with me.

When I Lost You I Lost My Hope!

It seemed that I would never have anything good to look forward to again in my life!

Now I do have hope for the future, but with the stark realization that no matter what may happen, I will not have you to share it with.

When I Lost You I Lost My Voice!

I had nothing to say, other than to call your name and ask God to end my pain and suffering.

Now I have my voice back, and I use it to thank God for the 17 years that I did have you with me.

Steven, these past 10 years have not been easy without you. You were the son that I was so proud of. You were the friend that I talked to and did things with. You loved the things that I loved and listened to the music that I like to listen to. You were the best person that I have ever had the privilege of knowing! I still Love You and Miss You every single day of my life! My one consolation is that I know some day we will be together again!

All My Love!

Dad

Michael Miller - Pikes Peak TCF



THOUGHTFUL POEMS

A DOZEN ROSES

If I had a dozen roses,
I know just what I'd do.
I'd give each one a name
that reminded me of you.
The first rose I'd call sunshine,
Because you brighten every day.
The second would be beauty,
the kind that never goes away.
The third rose would be priceless,
like those hugs you gave to me.
I'd name the fourth rose silly,
oh, how funny you could be.
Rose five of course is patience,
something you helped me find.
The sixth rose would be memories,
the gift you left behind.
The seventh and the eighth rose
would for sure be faith and grace.
Nine would be unique
because no one can take your place.
The tenth rose, well that's easy,
I'd simply name it love.
Eleven would be Angel,
I know you're watching from above.
I'd think about that twelfth rose,
And I'd really take my time.
After all, these roses are
for you my Valentine.
I'm sending them to Heaven
In every color that I know.
So rose twelve will be forever,
That's how long I'll love you so.

Alan Pedersen

Grief

I had my own notion of grief.
I thought it was the sad time
That followed the death of someone
you love.
And you had to push through it
To get to the other side.
But I'm learning there is no other side.
There is no pushing through.
But rather,
There is absorption.
Adjustment.
Acceptance.
And grief is not something you
complete,
But rather, you endure.
Grief is not a task to finish
And move on,
But an element of yourself-
An alteration of your being.
A new way of seeing.
A new definition of self.

Gwen Flowers





February

In February we celebrate the birth of George Washington and Abe Lincoln. Lent begins. We wonder if the groundhog will see his shadow, and we have Valentine's Day. Candy, flowers and cards are often exchanged. Many cards are given and received between parents and children as a way of showing love for one another. Valentine's Day is another holiday on which bereaved parents remember the drawings, cards and gifts received from their deceased children.

Take time out to be good to yourself. Perhaps you could remember your child with a special flower, or could do something kind in your child's memory for someone in need. Most of all, take time to tell your living children and your spouse or someone special how fortunate you are to have them and how much they mean to you.

Lorraine Bauman, TCF Fairmont, MN

Brother-Sister Bond Showed Itself on Valentine's Day

A couple of years after my son Michael died, I was sorting through some things which I had saved from our children's school years. I came across a Valentine card which depicts a little girl surrounded by heart symbols.

"Stuck on you Valentine!" the card reads. On the back of the card is seven year-old Michael's hand-written signature. The card was to his big sister Kelly.

The emotional bond between Kelly and Michael was formed very early. Almost three years older, Kelly was excited about the prospect of welcoming her new brother into the world. When I was pregnant with Michael, we didn't know the baby's gender in advance. "It's not a girl," Kelly had insisted. "He's my brother, and his name is Michael!"

The relationship between our two children was not unlike that of many other healthy siblings. Kelly and Michael were daily companions and playmates during the early years. They had their bouts of sibling rivalry, too, which on some days would drive me insane!

Their love for each other was solid, however. On one particular evening, after a day of almost non-stop arguing between the two of them, while they were lying in their beds I heard, "Night Mike, I love you!" "Night Kelly, I love you!"

At age 19, Michael died in an automobile accident while Kelly was away at college. Kelly has had to learn how to be an only child. She has had to define for herself a new identity, a difficult task as a young adult. I am confident that the bond which was formed between them will remain forever. Kelly is married and shares her new home with her husband and an adorable Pug named Otto. They occasionally spend a weekend at our house and sleep in Kelly's old bedroom, where Michael's "Stuck on you Valentine!" card can still be found on the night stand as a symbol of a bond that will never die.

By Anne Dionne – TCF Online Community Services

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February 2016

The Compassionate Friends
Pikes Peak Chapter
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