



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



February, 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

CHAE LA 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 on Feb. 21, 2019





One Good Turn

Back in November as I was preparing slides for our annual Candlelight Memorial, I received an email from a bereaved mom asking whether I would make slides for her two angel babies. The request was not so unusual. What was unusual was she was writing me from one of the Hawaiian islands.

I told her I would do the slides but why didn't she go to a local chapter? Turns out the closest chapter is on a different island and shuttling back and forth between islands gets quite expensive.

I made the slides for the mom and emailed her copies of what I had done. She was very appreciative of the gesture.

Felicia Gabina-Kealoha has six children, two of which are in heaven, Jacob and Joseph.



Since December we have shared a few emails and recently she notified me that she now has a blog where she posts pictures of your child's name in the sand on the beaches of Kauai. You can find her blog at

<http://kauainamesinthesand.blogspot.com>

There you can click on a link to request your child's name be written in the sand. I think it's a beautiful site.



Rest Your Weary Bones

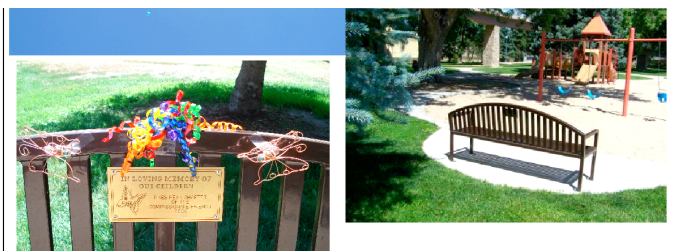
Grieving is a tiresome process. It occupies your mind, pains your heart and sometimes you just need to sit, rest and gather your thoughts.

Our local chapter of The Compassionate Friends has over the years, donated two such spots for you to do just that. You may not even know they exist.

The first is the Garden of Memories located just inside the entrance of Evergreen Cemetery. The spot was dedicated in May, 1995 with donations made by our members to our local chapter.



The second is a park bench located by the playground at Monument Valley Park dedicated in 2008.



If you're out and about, visit one of these beautiful locations and rest your weary bones.



Welcome New Friends.

**Megan Riley - Son, Brandon Naymik
Ramah Stanard - Daughter, Sabrina Stanard
Kathy McClelland - Son, Shawn McClelland**

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

Sheila Slade in memory of
Karen Jean Slade

Chaplin Eugene Steinkirchner
Love Gift Donation - CSPD

Chaela Christianson in memory of
Damon Christianson



Remembering Our Children On Their Birthdays - February

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

SNOW

Every snowflake that falls is unique and has its own individual design. There are beautiful patterns in each snowflake and even the tiniest of flakes have their own markings. These patterns change again and again—even after the flake touches the ground. Each snowflake is a cause for wonder, each flake is one of a kind. No two are exactly alike. Like the snowflake, our beautiful children were each unique and special; some we only

dreamed about and some danced upon the earth. They filled our lives with wonder and transformed our world. We held them too briefly, but we will hold them in our hearts forever. We shall remember them always. At this time of remembering, it may help to reflect upon how our lives have been enriched by the love we have given and the love we have received from our children. Our children leave treasures behind that time can never take away. Denise Falzon, TCF Lake Area, MI



Remembering Our Children On Their Anniversaries - February

Child's Name	Age	Anniversary	Compassionate Friend
Paul A. Behr	2 months	Feb 1	Cynthia & Steve Behr
Craig Matthews	30 years	Feb 4	Cathy Genato
Scott Michael	21 years	Feb 4	Linda Gerwatowski
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
Genie Thomas	39 years	Feb 8	Jamie Thomas
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
Lora Lee	40 years	Feb 11	Kathy Hollaway
Yancy Hufford	26 years	Feb 11	Patty 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
Keith Hampton	30 years	Feb 15	Martha Hampton
Alexander Beall	30 years	Feb 15	Haven Stillwater
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
Graham Stingley	23 years	Feb 18	Mary Winter-Stingley
Clara Johnson	26 years	Feb 21	Julie Sanchez
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	Julie Pilant
Joshua Samuel Shelton	7 weeks	Feb 24	Cherie Berglund-Hensley
Sam Blew	13 years	Feb 24	Bryan & Jennifer Blew
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 Korschog & Frankie Thompson
Richard Joseph Armstrong	4 years	Feb 27	Chuck & Helen Armstrong
Daniel Mopper	38 years	Feb 27	Pia Schalin
Jordan James Miranda	24 years	Feb 29	Mike & Jonette Miranda



Thoughtful Words

There Is Healing In Speaking A Name

by Clara Hinton (chinton@silentgrief.com)

Following the death of a child, parents are left with a void that they never before thought possible. Every activity, every hour of the day, and every thought seem to have an emptiness that will not go away. In order to do something to help cushion the pain, parents will often want to talk about their child to anyone who will listen.

Talking about the child who died brings wonderful relief and comfort to parents. They find great joy in reminiscing about past vacations and holidays with their child. There is such benefit in recalling funny antics that involved their son or daughter. As the parents talk openly and freely about their child, it gives a much-needed reassurance that the child who has died is remembered.

There is a problem, though, with parents desiring to talk with friends about their deceased child. A lot of the time, those who are closest feel very uncomfortable about the death of the child. There is the feeling that being together with friends, and talking about the child who is now not here, will only bring up very sad memories of what has happened. Many times friends refuse to do the one thing parents need the most—to speak the child's name. Friends will often shut down and fail to mention the child by name ever again. Many parents are left feeling very abandoned by this. They begin thinking that even their best friends don't care!

What should a friend do? First of all, be honest. Simply explain that it is going to take a while before you can join in on conversations about the child who has died. And, it is going to take you even longer to be able to use the child's name. Explain that you will certainly try to verbalize their child's name, and you will make every attempt to do so. Parents will greatly appreciate your honesty, and it will ease the pain of thinking that you don't care.

Allow the parents of the deceased child the freedom to talk. There is great healing in knowing that you have friends who care, who will allow you to talk openly about your child, and who will listen as you frequently use your child's name. There is such healing in hearing the child's name! A name personalizes everything. When a parent can say "my Aimee" instead of "my daughter", they feel like Aimee is being acknowledged as "their child"—the only Aimee, the one who belonged only to them.

As you hear the deceased child's name frequently being spoken, changes will occur within you. Sooner than you think, you too, will be saying such things as "I remember the day Aimee and Alyssa made mud cakes together. They were determined to make us eat those things!" The more you use the child's name, the more comfortable you will become.

Friends want to help their friends through the pain of child loss. By allowing the parents to use their child's name in front of you, you are helping them acknowledge not just the fact that their child died, but that their child lived. When a parent hears someone whisper their child's name, their hearts soar! "Someone remembered! Someone really remembered!"

By using the deceased child's name, you show the parents that their child is still alive in your memory and in your thoughts. There is great healing when a parent hears someone remember their child—their special child—by name!

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Website: <http://www.silentgrief.com> <http://www.clarahintonhope.blogspot.com>



Sheila Slade in memory of her daughter
Karen Jean Slade
February 2, 1950 ~ February 7, 1980



POTHOLES OF GRIEF

Peanuts, the cartoon character, is walking blissfully along, when all of a sudden, he takes a somersault. In the last box of the strip he says, "...and suddenly, you're reminded of a lost love." It's like that for many of us. I was having my hair cut at the beauty shop one morning when I heard a little boy behind me telling a tall tale about fighting Indians. Suddenly I was jolted with the memory of how my son, Arthur, used to tell about the Indians he killed in the back yard. Many years have passed since Arthur was killed, but that memory was like a knife through my heart. Every time I hear the song "Betty Davis Eyes" the same thing happens. My granddaughter, Emily has been dead for years but, when I hear it, in my mind's eye I can see her dancing to that song. It hurts. I call these experiences "potholes of grief." We can be years beyond our painful grief when suddenly, something will remind us of him or her. A song on the radio, a place we hadn't been to in years, or something someone says will bring our loved one back so vividly to us. Occasionally, these are pleasant memories and bring us a feeling of warmth, but many times they hurt. Fortunately, the pain doesn't last long, although for a time it can seem like we're back to square one in our grief. The best way I've found to deal with potholes of grief is to just let them happen and try not to fight them. They are a sign that your love is still deeply in your heart, and no matter how much time passes, you will always miss him or her. Potholes are bumpy, but shallow, places in a normally smooth road. So it is with potholes of grief. They are bumpy, painful places in our lives that come after we've resolved our grief. Fortunately, they only come occasionally. "Articles by Margaret Gerner", Bereaved Parents of the USA, St. Louis Chapter, www.bpusastl.org. National Website: www.bereavedparentsusa.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 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!

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



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

