

January, 2014



# THE COMPASSIONATE FRIENDS

**PIKES PEAK CHAPTER**  
Supporting Family After a Child Dies



## Upcoming Events

January 16th - General Meeting - 7:00 p.m. - First Baptist Church

February 20th - General Meeting - 7:00 p.m. - First Baptist Church

### Pikes Peak Chapter Steering Committee

#### Chapter Leader

Laraine Asaro-Boyd - Acting  
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

LEONIE CRAMER  
Son, Julian Anthony King

#### SC MEMBER

CHAEA CHRISTIANSON  
Son, Damon Vincent Christianson

## 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 January 16, 2014.**

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.**

## TELEPHONE FRIENDS

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

#### CHAPTER LEADER - ACTING

LARAIN ASARO-BOYD  
Mom of Michael E. Anderson

★ 351-7653

#### TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON

★ 573-2743

#### SUICIDE

LARITA ARCHIBALD

596-2575

#### DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT

★ 531-5488

#### LEUKEMIA

JANE & STEVE GABRIEL

★ 282-1924

#### SKATEBOARD / AUTO ACCIDENT

RAYE WILSON

(303) 814-9478

★ Please feel free to contact any Steering Committee member if you are unable to reach our Chapter Leader.



### So Long Frank...

Frank Schager, is the man behind the scenes. He has, for the past 10 years, kept our books, wrote the checks, paid the bills and handled all of our financial responsibilities for the chapter. A big "Thank You!" goes out to Frank as he steps down as our chapter treasurer. We will miss your calm, thoughtful presence in our meetings.

Starting in February the treasurer responsibilities will be handled by steering committee member Yvette Thompson. We're sure that Yvette will handle her new duties expertly for years to come.

### Thanks to All Who Helped at the Candle Lighting Ceremony

- \* First Baptist Church of Colorado Springs
- \* Michelle Olson - Lighting & Sound
- \* Laraine Asaro-Boyd - Chapter Leader & Readings
- \* Stewart Levett - Slide Show & Readings
- \* Leonie Cramer - Programs & Readings
- \* Bob & Yvette Thompson - Setup & Readings
- \* Jane & Steve Gabriel - Refreshments & Readings
- \* Chaela Christianson - Setup & Readings
- \* Leta Levett - Refreshments



### ANOTHER YEAR

This is another year just beginning – afresh with new days, new opportunities, new challenges. It occurs to me, however, that it is a very difficult task to keep from concentrating on past years and the sadness we endure just because it is a new year and the calendar has flipped the page.

Moving on to a brighter tomorrow and letting go of the pain of yesterday is a gradual process. We cross that threshold one step at a time – a small step, at first, faltering and stumbling – but somehow getting there. With patience, effort and persistence, once again we will be able to celebrate life as the year stretches on before us, putting behind us our sadness, our guilt, our failures and our pain.

We will be able to smile again. We will be able to remember our precious children in life rather than death. We will recognize in our days many little blessings and will be able to share our joys with others.

~ Alice Weening, TCF, Cincinnati, OH ~



Betty Stiegelmeier  
in loving memory of her son

**Scott David Stiegelmeier**

A Love Gift Donation from  
Police Chaplain  
**Gene Steinkirchner**

"A Blessed New Year to All"

Chaela Christianson  
in loving memory of her son

**Damon Vincent Christianson**

Michael Miller  
in loving memory of his son

**Steven John Miller**

The Compassionate Friends is an IRS 501(c)(3) nonprofit organization.

♥ All gifts are tax deductible.

♥ Ask your employer if they participate in a "Gift Matching" program. You may be able to double the value of your gift through this program.





## Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Ernest Price Hurst, Jr.	Jan 2	Nancy Hurst
Adam Roy Hodges	Jan 3	JoAnn Ewing
Addie Marie Vande Stouwe	Jan 4	Shawn Roberson
Jamie Jackman	Jan 5	Sherry Jackman & Knelson Spooner
Alyanna Livingston	Jan 5	Kirstin Klinkerman
Ramon E.G. Lucero	Jan 6	Diana & Kimber Michael
Nicole Megan Yagi	Jan 6	Jackie & Dennis Yagi
John Daniel Bernard Ringo	Jan 8	Angela Randle & Paul Ringo
Klye Snyder	Jan 9	LuAnn Walters
Ronald Eugene Peterson	Jan 9	Ron Peterson
Terry A. Shank	Jan 11	Carol Vierling
Tyrone Binnebose	Jan 11	Natasha Binnebose
Frankie Padilla	Jan 13	Frances Lucero
Seth Fieser	Jan 17	Megan Fieser
Jaclyn Williams	Jan 20	Sandy & Rob Williams
Brody Richard Cisneros	Jan 21	Julie & Will Cisneros
Adriano Bermudez	Jan 22	C.J. LaPointe
Mallory Paulene Hendrickson	Jan 22	Celine & Gary Hendrickson
Eric Evans	Jan 23	Linda & Dick Evans
Corey Reynolds	Jan 23	Barb Reynolds
Jody Elizabeth Houtz	Jan 23	Jane & Chris Houtz
Kade Riefenberg	Jan 24	Andy Gibson
Sarah Sunshine Wedekind	Jan 25	Lorry Pearson
Stephen Lucas Tyler	Jan 25	Catherine Tyler
Kevin Michael Burns	Jan 27	Stan & Willie Burns
Aaron Lee Gallob	Jan 27	Lou & Erma Gallob
Joshua Cesar Menendez	Jan 28	Dianna Castellanos & Julio Menendez
Sean O'Connor	Jan 28	Dennis & Tracy O'Connor



### Valentines Day Love Note

Would you like to send your child a love note for Valentines Day? Just send your note to [PikesPeakTCF@gmail.com](mailto:PikesPeakTCF@gmail.com) and in next months newsletter we will publish your love note to your child.





## Remembering Our Children On Their Anniversaries

<b>Child's Name</b>	<b>Age</b>	<b>Date of Death</b>	<b>Compassionate Friend</b>
Susan Gordon	17 years	Jan 4	Mr & Mrs Arthur Gordon
Savannah L. Burke	1 month	Jan 12	Herman & April Burke
Judy Gambill	17 years	Jan 12	Andrea Gambill
Michelle Howie	32 years	Jan 12	Annette Howie
Fred Chavez	32 years	Jan 14	Annette Atchison
Jim Eley	43 years	Jan 19	Judy Eley
Sara M. Losasso	14 years	Jan 19	Cindy Losasso
Joshua W. Lewis Gohlke	20 years	Jan 19	Karen Swank
Jacob Sanchez	3 months	Jan 22	Denise Langhorst & Janine McDonough
Nicholas Ryan Nelson	23 years	Jan 22	Marley Nelson Rhoads
Mark Van Matre	46 years	Jan 24	Patricia Van Matre
Megan Lane	18 years	Jan 27	Sandra Gail Lane
Gregory Randall Davis	18 years	Jan 29	Cora Davis
Ernest Price Hurst, Jr.	44 years	Jan 30	Nancy Hurst
Amy Mae Lugenbeel	2 years	Jan 31	Terry & Barb Lugenbeel
Juan Marine	29 years	Jan 31	Pamela Marine

### What is New About the New Year?

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noisemakers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives; a desire to leave behind some of the problems, sorrows, worries and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So we give the New Year's Eve party a try.

But it really doesn't work for most of us; we see now that we are just the same and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year?

I'd like to suggest a few things we can try. Let's make an effort to find new friends. A good place to start this is at Compassionate Friends meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and the inertia suffered by bereaved parents.

In the New Year, let's also find new ways to be close to the family that we have left. We feel regrets about hugs not given, letters not written, "I love you's" not said often enough. We can do all these things now. We can establish new memories with the family we have right now.

Another way to move into this New Year with a better feeling is to think about what we can do for others, because that is truly a way to help ourselves, too. If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a shoulder to lean on, we'll grow stronger ourselves.

For those parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible yet. For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.

**Dory Rooker ~ TCF, Upper Valley, VT**



## 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:

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

## 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)

## 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, 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?*

✉ **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





## THOUGHTFUL POEMS

### **New Year**

The new year comes when all the world is  
ready  
for changes, resolutions - great beginnings.  
For us, to whom that stroke of midnight  
means  
a missing child remembered,  
for us the new years comes  
more like another darkness.  
But let us not forget that this may be the  
year  
when love and hope and courage  
find each other somewhere in the darkness  
to lift their voice and speak:  
let there be light.  
*"The Sorrow and the Light" by Sascha*

### **A PRAYER FOR THE NEW YEAR**

Where there is pain,  
let there be softening.  
Where there is bitterness,  
let there be acceptance...  
Where there is silence,  
let there be communication.  
Where there is loneliness,  
let there be friendships.  
Where there is despair,  
let there be hope.  
*Ruth Eiseman,  
TCF - Louisville, KY*



I do not ask that you forget your dear departed  
I want you to remember.  
I only ask that you remember more than the  
moment of death,  
More than the funeral, more than the house of  
mourning.  
Remember life!  
Remember the whole life,  
not the final page of it.

Rabbi Maurice Davis,  
TCF - Baltimore, Maryland.

### **A Poem For My Daughter**

I love you now, as I so loved you then  
your Spirit is with me forever  
When you were born all of heaven sang out  
Joyous that we were together

Your eyes twinkled bright as a billion stars  
Your lashes brushed sweet angel's kisses  
As you snuggled so warmly against my neck  
So serenely, you gave me such bliss

As I stroked your head, very gently My Dear  
Your hair felt as soft as down feathers  
Your fingers, so tiny, wove tightly with mine  
Rainbow's end couldn't give me more  
treasure

I remember you now, I'll remember you when  
every day and each night begins  
You're a part of my soul, every beat of my  
heart  
I promise, My Darling, Amen

Karinelyn Paul  
Broomfield, CO  
In Memory of my daughter, Katrina

### **LOVE AND HOPE**

Kerry Marston, TCF, Grand Junction, CO  
On a cold winter day the sun went out  
Grief walked in to stay  
I turned away from the unwanted guest  
And bid him be on his way.  
Grief was merciless, he brought his friends,  
Loneliness, Fear and Despair.  
They walk these rooms unceasingly  
In the somber cloaks they wear.  
Every so often now, Love pays a call  
She always has Hope by her side  
I welcome Love as well as Hope  
For I thought surely they had died.  
Love counsels Grief in a most gentle way  
Bids him be still for a while  
Then Love walks with me through  
memory's hall  
And for a time...I can smile.



## HEALING WORDS

### AS THE HOLIDAY SEASON ENDS

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways, they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this New Year shouldn't be better.

This brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself- both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in your chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what meetings are like. Join us and make your needs known to us.

The newsletter is another way you can become involved in your chapter. Let us know contributing poems or stories. Tell us how we might be able to better serve your needs. Have a Happier New Year!

Pat Akery - TCF Medford, OR

### FACING THE PUBLIC

**In the first year** after losing our child or sibling, we seemed to be navigating in "un-charted waters." The person we were is gone, and we are forever trying to figure out how to maneuver our "new" selves in this new reality.

**Now we are** always trying to determine what we should do in various situations: The simplest questions—"How are you?"; "How many children do you have?"; or telling a hostess at a restaurant how many will be seated at your table—can become emotional dilemmas.

**How do we respond?** As bereaved parents/siblings, we also have the challenges that relate to family members, friends, and the workplace at a time when we are most vulnerable. We keep asking ourselves: "How do I cope with this?"

**You are not alone.** You will find that most group members have faced similar situations and share your frustrations.

*Suggested by Linda Cressner, Program Coordinator, Los Angeles Chapter, TCF*

*If you have questions about how to face a situation, we are here to help. Come to a meeting. Ask other members what they do. We don't claim to have all the answers, but we will try to do our best to share what has helped us along the way.*

### THE WOUNDED HEART

Children have preceded their parents in death for eons of time. We are not the first, nor will we be the last, to enter the realm of Bereaved Parents. But for now...right now, it is OUR HEARTS that are freshly wounded and OUR HEARTS are in need of mending.

Wounded hearts must be allowed to mourn and lament their loss; to pour out their pain, agony, sadness, hurt, and anger; and to release their well of tears. Wounded hearts need to be wrapped in quietness, gentleness, and compassion, away from the turmoil of daily life.

A wounded heart, not allowed to mend from the depth of its agony, will be an abscess to swell and undermine, erupting at a distant time. Or, suppressed, will slowly choke the spirit of its host. Only the bearer will know when his/her heart has healed.

*Lovingly lifted from the TCF - Tucson, AZ newsletter*

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**January, 2014**

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



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The Compassionate Friends**