



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



January, 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 Jan. 17, 2019

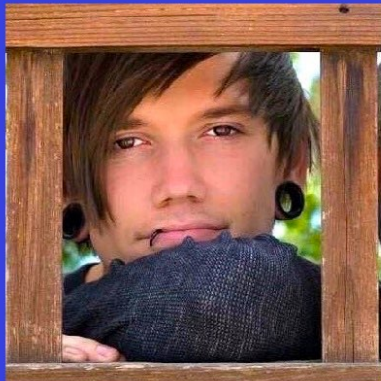
*new year
new beginnings*



Our sincerest apologies for the omission of Austin Sutton and Bryan Sasz from our 2018 Candle Light Memorial Service. They will never be forgotten.

Austin Sutton

Sadly missed and forever loved!



03/20/1995 ~ 06/15/2017

Adam James Czyz

August 17, 1995 ~ February 15, 2014

We miss everything about you darling...your smile, hugs, sense of humor, presence, smell, voice and the footsteps you left... forever loving you, missing you and carrying you in our hearts. We will live our lives in memory and honor of Adam Czyz until we meet again.



Head Trauma





Welcome New Friends.

Bruce Bettke - Son, Nicholas Bettke

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.



Marion & Larry Frayne in memory of
Gregory Frayne

Chaplin Eugene Steinkirchner
Love Gift Donation - CSPD

Chaela Christianson in memory of
Damon Christianson



Remembering Our Children On Their Birthdays - January

Child's Name	Birthday	Compassionate Friend
Ernest Price Hurst, Jr.	Jan 2	Nancy Hurst
Adam Roy Hodges	Jan 3	JoAnn Ewing
Andrew Talley II	Jan 4	Jackie Talley
Addie Marie Vande Stouwe	Jan 4	Shawn Roberson
Jamie Jackman	Jan 5	Sherry Jackman/Knelson Spooner
Alyanna Livingston	Jan 5	Kirstin Klinkerman
Nicole Megan Yagi	Jan 6	Jackie & Dennis Yagi
Ramon E.G. Lucero	Jan 6	Diana & Kimber Michael
John Daniel Ringo	Jan 8	Paul Ringo, Angela Randle
Kyle Snyder	Jan 9	LuAnn Walters
Nickolas Robert Vingren	Jan 10	Dale Vingren
Terry A. Shank	Jan 11	Carol Vierling
Tyrone Binnebose	Jan 11	Natasha Binnebose
Vadah Lynne Blocker	Jan 12	Sterling Blocker
Megan White	Jan 15	Gordon White
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
Jody Elizabeth Houtz	Jan 23	Jane and Chris Houtz
Corey Reynolds	Jan 23	Barb Reynolds
Kade Riefenberg	Jan 24	Andy Gibson
Blaine Joseph Steele	Jan 24	Paul Petta
Sarah Sunshine Wedekind	Jan 25	Lorry Pearson
Gregory Frayne	Jan 25	Marion & Larry Frayne
Stephen Lucas Tyler	Jan 25	Catherine Tyler
Aaron Lee Gallob	Jan 27	Lou & Erma Gallob
Kevin Michael Burns	Jan 27	Stan & Willie Burns
Sean O'Connor	Jan 28	Dennis & Tracy O'Connor
Joshua Cesar Menendez	Jan 28	Julio Menendez, Dianna Castellanos
Shawn Adalgren	Jan 31	Russ & Dee Adalgren
Robert "Bobby" Slaughter	Jan 31	Robert Slaughter

... When you grieve

You're like a tree hit by a tornado.
Some of your roots are pulled up.
You're twisted and bent.
Your leaves have been stripped.
Your bark is loosened.
And worst of all,
one of your big limbs has been brutally broken off.
You will never be the same.

Eventually, slowly, your roots grow back.
You experience a new growth of leaves.
You straighten up and reach out again.
But the limb never grows back.
It becomes covered with a natural scar tissue.
Forever after, you will be aware of the tornado
and the tremendous change it made in your life.

Joy Johnson, TCF, South Suburban, IL



Remembering Our Children On Their Anniversaries - January

Child's Name	Age	Anniversary	Compassionate Friend
Scott Lauther	43 years	Jan 1	Marte Lauther
Elijah Sharp	23 years	Jan 1	Jason & Lana Sharp
Susan Gordon	17 years	Jan 4	Mr & Mrs Arthur Gordon
Pierce Ford	29 years	Jan 5	Jeff & Cookie Ford
Savannah L. Burke	1 month	Jan 12	Herman & April Burke
Michelle Howie	32 years	Jan 12	Annette Howie
Amber Pacino	22 years	Jan 12	Candace & Gregory Valdez
Fred Chavez	32 years	Jan 14	Annette Atchison
Jim Eley	43 years	Jan 19	Judith 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 Rhoades
Mark Van Matre	46 years	Jan 24	Patricia Van Matre
Patrick Michael Doyle	21 years	Jan 27	Ruby Doyle
Clinton Boland	24 years	Jan 27	Velda Fields
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

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



Thoughtful Words

I Said I Could Not Do It, But I Did!

48 Years Ago - The more things change the more things stay the same!

Exactly 8:05 a.m., Friday, July 9, 1971, was the last time I looked at my eight year-old daughter with her eyes open. I walked beside her as they rolled her down the hall to the elevator that would take her down to the operating room for her simple, routine tonsillectomy.

At exactly 1:30 that afternoon, I was told she was dead. I said then I could not live a day without her. I just could not do it.

BUT I DID

During the drive home, I said I would never be able to walk in that house without her.

BUT I DID

As I walked in that empty house, someone quickly ran and shut her door—the door to her room where she kept all the things she loved. The room where she played and slept. I said I could never go in there again. I said I could not do it.

BUT I DID

When they said, “Come, let’s go to the funeral, the Rosary, the Mass,” I said I could not do it.

BUT I DID

For months that followed, I just knew my life would never be the same, and it wasn’t. All the things I said I could not do did get done. All the life I said I could not live did get lived. Differently, but I did live. Now comes today—16 years later. I have to admit, I had to look it up to be sure. Sixteen years!

Palmer Ann would have been 24 years old. I had to stop and think about that, too. I stood before her portrait today and stared a long, long time, and yes, I remembered the pain with total recall of July 9, 1971. I reached out, touching what’s left of my memory of her and I offered up a prayer of Thanksgiving to God—a prayer of gratitude, for giving me such a beautiful eight

years with a lovely daughter, and most of all, the opportunity to be able to stand there and realize that I had said I could not do it, but I did.

YES, I DID

And each month when I come to a Compassionate Friends meeting with you, the new member, I share the pain that I know you are feeling—that hopelessness of the future. I smile to myself, because inside I know a secret—you will be okay. You will touch again, love again, laugh again, and live again. After all, I said I could not do it, but I did and...

YOU WILL, TOO!

Betz Crump ~ TCF, Ft. Lauderdale FL.

The “What If’s”

“We do our best trying to change what has happened. We play our games of What if...

“What if we hadn’t gone to that resort and what if we had planned some other outing so she wouldn’t have gone horseback riding?” “What if we’d urged him to have a checkup sooner?” “What if she’d never started smoking?” “What if we’d stopped him from driving when he’d been drinking?” It is self-torture and we know it, but we can’t seem to stop rearranging the facts to make the reality come out better.

And in the meantime, the world we cannot change waits patiently to welcome us back. It waits as a parent waits for a child to vent anger and frustration when the block building has fallen down or a playmate has acted cruelly. Then is the time for comfort, for reassurance and a hug, and for consideration of what to do now”.

From *Healing After Loss* by Martha Whitmore Hickman

Unconditional Caring

By Kitty Reeve, TCF Mann/San Francisco, CA

My son Philip died in August of 1994, when he was 26 years old. He died by suicide, influenced by a genetic illness, bipolar mood disorder (Manic Depression). I well remember how I flinched inwardly when people began referring to Philip’s having “committed suicide.” It seemed to diminish my wonderful son, to make him into what he never was – a kind of criminal.

I wanted people to remember the beauty of his soul, yet what they focused on was the shocking way in which he died. So it has been personally important to me to learn that TCF has made a change in the language it uses related to suicide. TCF now uses the terms “died of suicide” in all publications and presentations. The new, emotionally neutral language helps to lift the burden of stigma from all of us whose children or siblings died by suicide. It gives us strength and helps us heal.

If your child or sibling has died in one of society’s less “acceptable” ways – by suicide, murder, alcoholism, from a drug overdose, AIDS, sexually transmitted diseases, or in prison, do know that TCF does not accept society’s stigmas. There is no room for blame or condemnation when all our hearts are aching for the children we no longer have. We honor your child and your grief, no matter the cause of death. Similarly, if you are a parent or sibling who may feel “other” in our oft judgmental society, please know that you will not be “other” in TCF. We welcome you with understanding and compassion, whatever your age, your race, your ethnicity, or lack of religion. We welcome you. And if you have endured the most terrible tragedy, if you have had more than one child or sibling die, or have lost all of your children or siblings, you are welcome.



Photographs

by Carolyn Wallace, TCF Bluegrass Chapter, KY

Photographs surround me.
A picture of you, forever held in time.
Glimpses of the past,
Another time...
baby, childhood, birthday parties, first day of school,
family gatherings, holidays, Christmas cards, football,
prom, vacations, naval academy, parades, graduation, wedding, honeymoon...
Photographs in every room,
A collage in the kitchen,
Groups in the living room,
In our bedroom....

so they are the first thing I see in the morning,
and the last thing I see at night
At my desk,
All reminders of you ... so handsome, healthy and happy.
Photographs are not enough, I want more.
I want you back with us as before.
But photographs are all I have.



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



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January, 2019

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