



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

MOTORCYCLE DEATH

STEVE SEIFERT - 719-331-6455

*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 August 16, 2018
as part of our Annual Balloon Release**





Damon Vincent Christianson

5/30/77- 7/3/2010

If we would have a lifetime with
A dream that would come true
We'd pray to God with all our hearts
For yesterday and you.
A thousand words can't bring you back
We know because we tried
Neither will a thousand tears
We know because we've cried.
You left behind our broken hearts
And happy memories too
But we never wanted memories
We only wanted you!

Danny Langley 8/31'79-3/21/02
Delaware Newspaper- 5 yrs. later
TCF Conference (2015 or '16)



In Loving Memory of

Janelle L. Abate

July 13, 1979 ~ September 2, 2017



Welcome New Friends.

Connie Milligan - Amanda Hill, Daughter

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.

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.

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



Eugene Steinkirchner
Love Gift Donation - CSPD

Jennifer & Labe Sutton Jr. in memory of
our son Austin

Chaela Christianson in memory of
Damon Christianson

The Hill family in memory of
Kyle Curtis Hill

Dwight (Ike) Schneider in memory of
Janelle L Abate



Who Was That Person?

Rich Edler, TCF, South Bay/LA Chapter

An eight year retrospective...

Who was that person? He looked like me. But I don't think I know him anymore.

Who was that person? He had so many friends. He was popular at cocktail parties and told good jokes. Today, he seeks out one person he can really talk to and that is enough. His telephone rolodex is a lot smaller, but so much more important.

Who was that person? He had such different priorities. He skated over life, like an ice skater on a frozen pond. He never thought about how cold the water was. Now he has a totally new perspective on the world. He reaches out to people who hurt because he knows how they feel. He has been there. He has felt the ice water.

Who was that person? He had an orderly chronological sense of time. Now the world is divided forever into simply "before" and "after."

Who was that person? He used to rush through dinner or cut the family vacation short to get back to the office. Now he thinks back to the family times as the most wonderful times of his life. He knows what is irreplaceable.

Who was that person? He used to worry about so many imaginary troubles, most of which never happened anyway. Now he spends most of his time in the present. He appreciates today's sunset, daisies, simple things and good friends. He knows how precious each moment is.

Who was that person? He used to think about what he wanted to get out of life. Now he thinks about how grateful he is for the gifts he has had.

Who was that person? He used to measure his goals in terms of where he is going. Now he focuses more on what his life will have been about. He asks less and less why his child died, and more often, "Why did he live?"

Who was that person? He had never heard of The Compassionate Friends. Now they are his best friends. And he knows that by helping someone else through TCF, he also helps himself.

Who was that person? I don't think I know him anymore.



Remembering Our Children On Their Birthdays - July

Child's Name	Birthday	Compassionate Friend
Sean Michael Benjamin	Jul 1	Kathy Benjamin
Charlie Josh Jones	Jul 1	Angie Jones, Sue Jones
Steven Bondurant	Jul 1	Karen Bondurant
Ryan Thompson	Jul 1	Yvette & Bob Thompson
Timothy Scott Williams	Jul 3	Lea Blanc
Karen Sue Crawford	Jul 4	Joy Andrews
Sean Thompson	Jul 5	Rick Korcsog & Frankie Thompson
Lisa Elaine Berns	Jul 6	Robert (R.J.) Berns
Chris Gettle	Jul 6	Kathlene Gettle
Kyle Joe Manning	Jul 7	Carol & Don Manning
Blake Smith	Jul 8	Brian Smith
Daniel Foreman	Jul 8	Jan Foreman
Sam Blew	Jul 9	Bryan & Jennifer Blew
Anthony James "Tony" Pisor	Jul 10	Cynthia Pisor-Zapel
Lora Lee	Jul 11	Kathy Hollaway
Nathan Luther Spangenberg	Jul 12	Lois Spangenberg
Bruce White	Jul 12	Gordon White
Jack Lincoln Farrell	Jul 13	Pamela Welch
Cristoval Ornelas	Jul 13	Annette & Chris Ornelas
Janelle Abate	Jul 13	Dwight "Ike" Schneider
Travis Holappa	Jul 14	Kim & Terry Packa
Eli Witcher	Jul 16	Phyllis Lallier
Everly Jacobs	Jul 18	Raelyn Jacobs
Cris Cruz	Jul 19	Henrietta Madrid
Ryan Sayers	Jul 20	Tom & Kate Sayers
Tiffany Maxwell	Jul 20	Diane Maxwell
Brian Patrick Adair	Jul 21	Duane & Mary Adair
Justin William Winner	Jul 21	Dale & Rosanne Winner
Arthur Lipphardt Jr	Jul 23	Art & Chris Lipphardt
Amanda Stocchero	Jul 24	Sandy Stocchero
Raven Guinevere Hosmer	Jul 24	Terra Tice
Craig Matthews	Jul 24	Cathy Genato
Keltryn Lenae Brinkman	Jul 25	Jim & Judy Brinkman
Alexander Pegler	Jul 26	Eric & Lisa Pegler
Anadelia Vega	Jul 27	Dale Vega
Mallory Jane Hooper	Jul 28	Bill & Beth Hooper
Michael Williams Greist	Jul 28	Judy Greist
Scott Michael Gerwatowski	Jul 28	Linda Gerwatowski
Michelle Howie	Jul 31	Annette Howie



Remembering Our Children On Their Anniversaries - July

Child's Name	Age	Anniversary	Compassionate Friend
Kyleigh Peltzer	1 year	Jul 2	Ashleigh Peltzer
Andrew Paul Whiteman	20 years	Jul 2	Lyle Whiteman
Damon Vincent	33 years	Jul 3	Chaela Christianson
Heidi Susanne Wolfe	20 years	Jul 3	David & Karen Wolfe
Adam Roy Hodges	5 years	Jul 4	JoAnn Ewing
Ramon E.G. Lucero	26 years	Jul 5	Diana & Kimber Michael
Devin John Seifert	21 years	Jul 5	Steve & Debbie Seifert
Raven Guinevere Hosmer	32 years	Jul 5	Terra Tice
Nicole Megan Yagi	9 years	Jul 5	Jackie & Dennis Yagi
Sebastian Salkind	39 years	Jul 6	Skye Aubrey (c/o Shay)
Jay Aguanno	19 years	Jul 7	Jean Aguanno
Kaitlin Bartlett	17 years	Jul 8	Kim Bartlett
Shannon Diane McMahon	16 years	Jul 9	Robert & Jeanette McMahon
Jack C. Jefferson	5 years	Jul 11	John & Dena Jefferson
Abigail Ruth Smelser	23 years	Jul 11	Robin Myers
Chance Tyler Nichols	17 years	Jul 11	Charlie Nichols
Cristoval Ornelas	1 day	Jul 13	Annette & Chris Ornelas
Christopher Skaggs	15 years	Jul 13	Ernest & Tanya Skaggs
Jack Lincoln Farrell	1 day	Jul 13	Pamela Welch
Eric Paul Deming	27 years	Jul 14	Denise Deming
Zachary Dean Glenn	3 years	Jul 14	Kristin & Larry Glenn, Janice Bren
Avery Keirse	2 months	Jul 14	Carissa Keirse
Kristopher Lohrmeyer	17 years	Jul 16	Dan and Lori Lohrmeyer
Eli Witcher	2 days	Jul 17	Phyllis Lallier
Blake Smith	1 year	Jul 17	Brian Smith
Jeanne Burroughs Widmar	33 years	Jul 18	Arlene & Charles Burroughs
Malik Boykins	12 years	Jul 18	Matissa Dunkley
Matthew Alan Haywood	22 years	Jul 18	Roger Haywood
Roy Polhemus		Jul 18	Kathleen Landry, Edward Pohlemus
David Scott Mueller	19 years	Jul 19	Sandy Eversole
Ryan Rickman	11 years	Jul 19	Jean Rickman Place
Amanda Stocchero	15 years	Jul 19	Sandy Stocchero
Michael Benjamin Decker	18 years	Jul 20	Mary & Jerry Decker
Robert "Bobby" Slaughter	20 years	Jul 20	Robert Slaughter
Veronika Olivia Baca	1 year	Jul 22	Sharon Baca
Courtney Marie Becker	27 years	Jul 22	Joseph Becker
Travis Grimmer	29 years	Jul 23	Mary Lou Grimmer
Cathleen Bartlett Maxwell	6 years	Jul 24	Dick & Marty Maxwell
Travis Holappa	25 years	Jul 25	Kim & Terry Packa
Kari Ann Kirt	15 years	Jul 26	Lon and Andrea Kirt
Christie Fike	32 years	Jul 28	Shirley & Dan Emerson
Benjamin Stewart Easton	22 years	Jul 28	Susan Stewart
Nathan Gentry	7 years	Jul 29	Susan Gentry
Mike Petersen	20 years	Jul 30	Doug & Shelli Petersen
Jimmy Schmidt	13 years	Jul 30	Jim & Laurie Schmidt
Ian Steele	27 years	Jul 30	Donna Vezakis
Jonathan Steven Gabriel	5 years	Jul 31	Steve & Jane Gabriel



THOUGHTFUL POEMS

The Mask

Lennie Neal, TCF, Victoria, BC

There's an old mask I wear for the public,
Smiling face, I'm sure you've seen the act.
Concealing all the grief so deep and wild,
The deep and desperate longing for my child,
Buried under courtesy and tact.
An invitation brought me to Seabeck Hesitantly,
hoping for some peace.
Walking slowly, shy among the strangers
Mask in place, alert for hidden dangers,
Hoping against hope for some release.
A fortunate seating at the table,
I sat beside a woman, calm and mild.
She turned to greet me with a gaze so fine,
Compassionate eyes that never left mine
As she smiled, and asked about my child.
The wave of relief fairly shook me,
I saw at once that I could drop the mask.
The workshops and the sharings all were real,
Emotions in the songs that made me feel,
The meals also, all that I could ask.
Candles in the night, so very moving,
We gathered on the bridge under the moon.
Couldn't stop the flood of tears from streaming,
Can't mistake the song, or miss its meaning,
Our children all were taken far too soon.
Our burdens were all burned at the closing,
Cascades of bubbles floating far and near.
The sense of community was stronger,
But we just couldn't stay any longer,
That's OK, we'll all come back next year.

Where Are You Now?

where are you now
but in my heart
your voice clear in my mind
I know we're never far apart mind to mind
heart to heart
and, maybe, if I'm fortunate, soul to soul
we connect
you, watching over me
me, so unaware
but, oh, to actually see you how you've grown and
changed still, oh, to embrace you
feeling your strength and youth
breathing in your life
now held only within
mind's eye
heart of hearts
and lonely soul
Victor Montemurro TCF Brookhaven in Medford, NY

This House and I

I think this house and I shall grow old
together and fall down around one another.
How can I paint the walls when his breath has
coated them?
How can I wash the door frames when the
smudges of his fingerprints surely are still there?
How can I patch the hole I kicked in the
wall in the weeks after he died?
How can I clean the carpets that still hold
billions of his skin cells, his DNA?
How can I throw out the old, broken chair
that he sat and slept in?
How can I clear the air that sometimes still carries
his scent?
How can I ever fix the broken hearts of his mother,
his sisters and I?
How long must I wait?
~Jack McPeck - TCF of Spokane, WA



Seeking Contributors

We are always looking for material from our chapter members to include in this newsletter. It is the perfect way to share your child, grandchild or sibling with all of us. Tell us about the special things you did in their memory or simply tell us the special things you will always remember and keep close to your heart. It is a beautiful way for us to get to know more about your loved one. It unites us as a bereaved family and it will help us all to become closer. Where there is unity, there is strength, strength that we can give to and draw from one other.

We would also welcome any book reviews. If you have read a book that has helped you on your journey please tell us about it. There are many, many grief books out there. Some will be more healing than others. It is so helpful to be guided to the right ones. Please forward any writings, poems, book reviews etc. to Stew Levett PikesPeakTCF@gmail.com or you may use the U.S. Mail and send it to me at 160 El Dorado Ln., Colorado Springs, CO 80919.

Button, Button, We'll Make You A Button!

We have purchased a photo button machine and we are ready to start making your picture buttons. Bring 2 copies of the SAME picture to your next meeting and we will have it ready for you the following month. THIS IS A FREE SERVICE TO YOU.

Please bring your pictures to any of our monthly meetings. We will need a 3"x5" or 4"x6" photo of your child but would prefer NOT using the original photo. We suggest using Walgreens who can quickly make good 4"x6" copies from your original.

For best results make sure the photo of your child is centered and not too close to the edge or the results may not turn out as expected.

We are requesting one photo button per family to get started. Thereafter we will be able to make additional buttons for each member of the family as time and labor allows. Also, for those who have lost more than one child, we will gladly make a button for each child.

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 by making a LOVE GIFT today.

Sorrow is Not Forever—Love Is!

from *The Facts of Death* by Michael A. Simpson, TCF Birmingham, AL

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day. Don't try to face twenty years. Face today. When that has been achieved, face tomorrow.

You will find more and more ways in which you can cope.

The Chinese have a saying that a journey of a thousand miles starts with a single step.

There is no way you can take the fifteenth, or the two hundred seventh step, before you have taken the first. It can be difficult to face going out again and resuming your regular activities.

It can take more courage to face the little things than the big things in life. Going out shopping for groceries for the first time can become an ordeal. Making the change more complete could help. Try a different store, a different day or time, and go with a friend. When it seems very hard to decide what to do first, maybe it's not very important where you start, as long as you start. Choose a simple task and get started. Once you've begun, it will be far easier to set your priorities, and you will have gained in confidence for already having achieved something.



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
PO Box 51345
Colorado Springs, CO 80949-1345



Our Child's Annual Memorial Balloon Release

will be held at 7 pm in the **First Baptist Church** Parking Lot

THURSDAY, AUGUST 16th

Special reading, music and time to reflect,
Watching the balloons dance as they lift into the sky.

Refreshments will be served after the balloon release in our regular meeting room.
Please join us for Fellowship and to Celebrate The Children!

