



Upcoming Events

July 21st - General Meeting - 7:00 p.m. - First Baptist Church
August 18th - Annual Balloon Memorial - 7:00 p.m. - First Baptist Church

STEERING COMMITTEE

CHAPTER LEADER

LARAINÉ 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:
All telephone numbers are 719 unless otherwise indicated.

CHAPTER LEADER

LARAINÉ 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

MULTIPLE LOSSES

LORI DARBY 464-4703

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. **

*The best and most beautiful things
in this world cannot be seen or even
heard, but must be felt with the
heart.*

- Helen Keller



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 July 21, 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!



The Fix-It Man

Being a "jack of all trades and master of none" all my life, our children thought I could fix anything that they broke. I myself thought that anything that was made could be fixed, and maybe even fixed better than it was when it was new. Many times one of our children would bring me something that had broken, though they didn't know how it got broken, and asked me if I could please fix it. Most of the time I would attempt to fix whatever it was, and one way or another, I would succeed.

Then one day something broke that I could not and never would be able to fix. One of our children died. This time, the something that broke, I could not fix. There are no tools to bring a dead child back to life. All I can think and wonder is how and why did I end up with something I cannot fix? Since that time, it is hard for me to fix something that breaks. It brings to mind the one big thing I will never be able to fix, the death of our child.

~ Bill Krieglestein, TCF - Fox Valley, IL



Welcome New Friends.

Ruby Doyle - Son Patrick Doyle
Lance & Terri Hill - Son Dylan Sagraves
Haven Stillwater - Son Alexander Beall
Michael & Colleen Bracchi - Son Sam Bracchi
Dawn Hendricks - Grandmother to Jayden
Jan Foreman - Grandsons Jacob and Daniel Foreman
Joann & Bob Zelins - Daughter Karey Ackerman

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.



Chaplain Gene Steinkirchner - CSPD

Carol & Don Manning - In Loving Memory of Kyle Joe Manning

Loretta Chancellor - In Loving Memory of Jay & Carl Simco

Michael & Colleen Bracchi - In Loving Memory of Sam Bracchi

Arlene & Charles Burroughs in Loving Memory of James Michael Burroughs

Arlene & Charles Burroughs - In Loving Memory of Jeanne Burroughs Widmar

Chaela Christianson - In Loving Memory of Damon Vincent Christianson



Annual Memorial Balloon Release

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

THURSDAY, AUGUST 18th

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 downstairs.
Please join us for Fellowship and to Celebrate The Children!

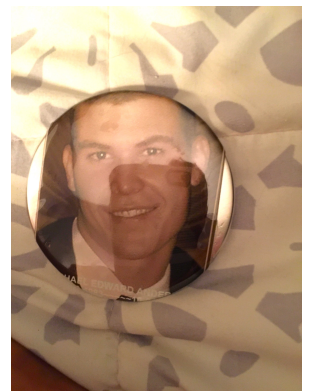


Button, Button, We've Got Your Button!

Hey, guess what? We have purchased a photo button making machine and we'll be ready to start making your picture buttons at our next meeting.

For those who would like a button made with a picture of their child please bring your pictures to the July meeting. We will need "3 x 5" pictures of your child and we will try and have one button made for you by the August balloon launch. One button per family.

Thereafter we will be able to make additional buttons for each member of the family as time and labor allows. This is still new to us so we request that you bring two pictures just in case we make a mistake with the first one. Also, for those who have lost more than one child, we will gladly make a button for each child.





Remembering Our Children On Their Birthdays - June

Child's Name	Date of Birth	Compassionate Friend
Benjamin Stewart Easton	Jun 3	Susan Stewart
Madalynn Ann Bergevin	Jun 3	Mollie Bergevin
Paul Kovacevic	Jun 3	Mary Kovacevic
Tyler Schmidt	Jun 6	Valerie & Jeff Schmidt
Renee Lee Seiberlich	Jun 6	Joe & Leda Seiberlich
Douglas Chadwick, Jr.	Jun 6	Deborah Chadwick
John Doles	Jun 6	James & Susan Appleman
Sandra Steckiel	Jun 10	Beth Steckiel
Mindy Baker	Jun 10	Terri Baker
Yancy Hufford	Jun 13	Patty & Larry Hufford
Daniel Prickett	Jun 14	Jim & Elaine Prickett
Carl Simco	Jun 14	Loretta Chancellor
Jessica Robison	Jun 14	Terri Robison
Andrea Mischel	Jun 14	Gary & Jerri Zimmerman
Matthew Flint	Jun 14	Cathy Flint
Forrest Kelly	Jun 16	Cindy Bronner
Giorgiana Elizabeth Gordillo	Jun 16	Jennifer Gordillo
Gryphen Barber	Jun 16	Sean & Cherie Barledge
Nathan Gentry	Jun 16	Susan Gentry
Chris Barns	Jun 17	Bonnie Barns
Jason Bradford Pfeif	Jun 17	Chris & Brad Pfeif
Laura Dean	Jun 17	Barbara Dean
Jay William Sheridan	Jun 18	Mary & Tim Sheridan
Michael Jeffery Micke	Jun 18	Alice Micke
Jim Eley	Jun 19	Judy Eley
Richard McShan	Jun 20	Paul & Angelika McShan
Jeanne Burroughs Widmar	Jun 20	Arlene & Charles Burroughs
Dennis Lynn Gerringer	Jun 21	Kim Gerringer
Adam J. Hurst	Jun 25	Kim Troeger
Robert Beynon	Jun 25	Donna Beynon
Kirsten Evelyn Cornell	Jun 26	Will & Marion Cornell
Noah R. Wilkerson	Jun 26	Sarah Wilkerson
Kyleigh Peltzer	Jun 26	Ashleigh Peltzer
Scott David Stiegelmeier	Jun 27	Betty Stiegelmeier
Amy Feight	Jun 27	Patty & Bill Feight
Jimmy Schmidt	Jun 28	Jim & Laurie Schmidt
James Bishara	Jun 28	Phebe Bishara
Jason Nathaniel Lurch	Jun 28	Kathleen & John Lurch



Remembering Our Children On Their Birthdays - July

Child's Name	Date of Birth	Compassionate Friend
Steven Bondurant	Jul 1	Karen Bondurant
Sean Michael Benjamin	Jul 1	Kathy Benjamin
Ryan Thompson	Jul 1	Yvette & Bob Thompson
Charlie Josh Jones	Jul 1	Sue Jones, Angie Jones
Timothy Scott Williams	Jul 3	Lea Blanc
Karen Sue Crawford	Jul 4	Joy Andrews
Sean Thompson	Jul 5	Rick Korcsog & Frankie Thompson
Chris Gettle	Jul 6	Kathlene Gettle
Lisa Elaine Berns	Jul 6	Robert (R.J.) & Lynn Berns
Kyle Joe Manning	Jul 7	Carol & Don Manning
Blake Smith	Jul 8	Brian Smith
Daniel Foreman	Jul 8	Jan Foreman
Anthony James Pisor	Jul 10	Cynthia Pisor-Zapel
Cristoval Ornelas	Jul 13	Annette & Chris Ornelas
Jack Lincoln Farrell	Jul 13	Pamela Welch
Travis Holappa	Jul 14	Kim & Terry Packa
Eli Witcher	Jul 16	Phyllis Lallier
Cris Cruz	Jul 19	Henrietta Madrid
Ryan Sayers	Jul 20	Tom & Kate Sayers
Dale Smith	Jul 20	Angela Smith
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
Craig Matthews	Jul 24	Cathy Genato
Amanda Stocchero	Jul 24	Sandy Stocchero
Keltryn Lenae Brinkman	Jul 25	Jim & Judy Brinkman
Alexander Pegler	Jul 26	Eric & Lisa Pegler
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

Fourth of July

Each Year on the 4th of July we celebrate the birth of a great nation - a nation of people "united" in a dream. It was through hope, determination and a bonded strength that the people of America strived to achieve their dream of freedom to be a free nation. Nothing, however, is achieved without a strong will. We, too, as bereaved parents are fighting a battle to be free - free of the pain that has become a part of our waking days. We want to be happy. We want to be able to enjoy life again. You are one of those proud Americans. Refuse to give up. Fight for your dream. There is peace to be found in freedom!

~lovingly lifted from TCF Wichita, KS Newsletter~written by a member of TCF, Homdel, NJ



Remembering Our Children On Their Anniversaries ~ June

Child's Name	Age	Date of Death	Compassionate Friend
Evan Carara	18 years	Jun 2	Cindy & J.D. Carara
Madalynn Ann Bergevin	1 day	Jun 3	Mollie Bergevin
Billy E. Hendrickson	19 years	Jun 3	Grace & Delbert Hendrickson
Aaron Steffens	36 years	Jun 5	Lynn Nickel
Sean O'Connor	20 years	Jun 5	Dennis & Tracy O'Connor
Anton "Andy" George	13 years	Jun 6	Levi & Emma Horn
Mindy Baker	41 years	Jun 7	Terri Baker
Robert (Robby) George, Jr.	48 years	Jun 7	Robert & Margaret George
Ashley Meston	14 years	Jun 7	Jerry Meston
Jon Van Pelt	21 years	Jun 8	Claudette Van Pelt
Nicole Johnson	34 years	Jun 10	Sherry Turner
Sandra Steckiel	4 days	Jun 13	Beth Steckiel
Arthur Lipphardt Jr	24 years	Jun 15	Art & Chris Lipphardt
Gryphen Barber	1 day	Jun 16	Sean Barber & Cherie Barledge
Erica Lynn Groat	26 years	Jun 16	Linda Groat
Ryan Sayers	20 years	Jun 16	Tom & Kate Sayers
Vinnie Franz	18 years	Jun 17	Barb Franz
Michael Jeffery Micke	1 day	Jun 18	Alice Micke
Giorgiana Elizabeth	4 days	Jun 19	Jennifer Gordillo
Sara Hernandez	21 years	Jun 19	Kayhy Hernandez
Kyle Lyon	31 years	Jun 19	Tami Lyon
Kyle Joe Manning	11 years	Jun 19	Carol & Don Manning
Abbi Rose Starzynski	2 years	Jun 20	Sherry Starzynski
Tucker Ray Graef	14 years	Jun 21	Kathy Graef
Nicholle Guy	14 years	Jun 22	Lezlee Guy
Daniel Prickett	32 years	Jun 22	Jim & Elaine Prickett
Karen Sue Crawford	16 years	Jun 23	Joy Andrews
James Michael Burroughs	43 years	Jun 24	Arlene & Charles Burroughs
Andrea Mischel	30 years	Jun 25	Gary & Jerri Zimmerman
Jay Simco	58 years	Jun 26	Loretta Chancellor
Dale Smith	9 years	Jun 26	Angela Smith
Daniel J. Whisler	38 years	Jun 27	JoAnn Mowdy
Tyler Joseph Budfuloski	2 years	Jun 28	Rob & Alice Budfuloski
Anthony James Pisor	25 years	Jun 28	Cynthia Pisor-Zapel
Stephen Lucas Tyler	19 years	Jun 28	Catherine Tyler
Kade Riefenberg	19 years	Jun 29	Andy Gibson
Kimberly Ann Hayes	22 years	Jun 30	Patty & Patrick Hayes
Nick Naples	17 years	Jun 30	Laurie Naples
Colby McCarley	17 years	Jun 30	Tami Sisneros
Noah R. Wilkerson	5 days	Jun 30	Sarah Wilkerson



Remembering Our Children On Their Anniversaries - July

Child's Name	Age	Date of Death	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
Nicole Megan Yagi	9 years	Jul 5	Jackie & Dennis Yagi
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
Zachary Dean Glenn	3 years	Jul 14	Kristin & Larry Glenn, Janice Bren
Eric Paul Deming	27 years	Jul 14	Denise Deming
Avery Keirse	2 months	Jul 14	Carissa Keirse
Kristopher Lohrmeyer	17 years	Jul 16	Dan & 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 May	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, Ginger Slaughter
Veronika Olivia Baca	1 year	Jul 22	Sharon Baca
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 & 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
Jimmy Schmidt	13 years	Jul 30	Jim & Laurie Schmidt
Jonathan Steven Gabriel	5 years	Jul 31	Steve & Jane Gabriel
Patricia Spain Boden	39 years	Jul 31	Myra Spain



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.



This months newsletter is sponsored by

*Arlene & Charles Burroughs in Loving Memory of
James Michael Burroughs and Jeanne Burroughs Widmar
1957 ~ 1995 1950 ~ 1983*



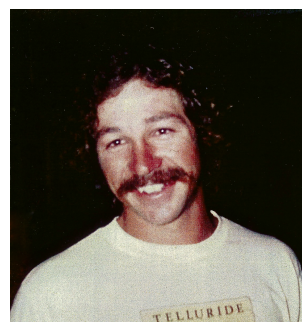
and

*Chaela Christianson in Loving Memory of
Damon Vincent Christianson
May 30, 1977 ~ July 3, 2010*



and

*Loretta Chancellor in Loving Memory of
Jay Simco and Carl "Bub" Simco
May 5, 1956 ~ June 26, 2014 June 14, 1957 ~ May 29, 1982*





HEALING WORDS

Some things I've learned in the last seven years:

Grief doesn't leave us, it only abates, even if only for a short period of time. That doesn't mean we don't feel "better" as the years go on, it means that grief is still a real and understandable factor. The heart simply cannot go on grieving as we have done in the early stages of the loss of our loved one without giving out. We have an innate sense of survival – even if we don't wish it.

Grief is somewhat like the tide. One of my favorite things to do is to sit on the rocks in Maine and watch the tide come in and go out. I never realized until recently that as the tide comes in, I feel euphoric and anticipate the full tide. Then as the tide starts to recede, I start to feel uneasy – and then when the tide is low, I feel empty. Now I can relate this to my grief. At times, I look forward to certain events and have a euphoric feeling – then as the event passes, emptiness! My daughter is no longer on this earth.

I've learned that laughter has its place. It's a great escape – but then I must come back to reality.

Proverbs 14: 13 says it well – "Laughter can conceal a heavy heart; when the laughter ends, the grief remains."

I've learned that there are people who just can't understand what we are going through – it's no particular fault of theirs. They just don't know how to relate to us. On the other hand, there are people who are understanding, compassionate and will shed a tear with us and give us a hug.

I've learned to put limits on myself. Grieving is hard work – it wears you down after a while. I now know it's o.k. to say "no" and to mean it and stick by that decision. It really doesn't matter what other people think.

Seven years ago, I didn't even know there was such an organization as "The Compassionate Friends." If I had known, I couldn't have related. Now I do, and I commiserate with each of you and also thank all of you who have become my friends. I know we all wish we didn't have a reason to be here. I go through that feeling twice a month when I'm getting ready to come here – but I thank God that we are now all together and that we have this safe place to come to.

Bonnie Corbett,

mother of Kelly Forrest

April 24, 2012

TCF, Rochester NY Chapter

My Perennial Love

Every summer my son gives me flowers. He planted them 17 years ago ... the summer before he died. I remember the day he planted them. Not the exact date, but standing there talking to him as he poked holes in the ground and carefully placed each one. I remember thanking him and thinking how very sweet of him to do that for me.

Terry died the following February. After months of crying and grieving, summer came and with it his flowers bloomed! Of course it made me miss him even more, but how I loved seeing them and knowing that he had put them there the year before. I know nothing about flowers so I was astounded when my mother told me that what he had planted was an annual and not a perennial and that they should not have come back. A few weeks ago, our neighbor who moved in last summer, commented on my impatiens. She said she was surprised to see them come back from last year. I told her that they have been coming back every year now for 16 years.

Just saying it aloud made me realize how extraordinary that really is!

There is something else I have come to realize. My love for my son did not end when he died.

My love for him is indefinite; it is enduring. It is perennial.

Maureen Harman

TCF Tidewater Chapter, VA

In Memory of my son Terry



THOUGHTFUL POEMS

In Loving Memory of Damon Vincent Christianson 5/30/77- 7/3/10

This is a little poem Damon wrote in memory of his friend,
Jay Brodbeck, 10/19/81- 3/4/05

The days were always brighter
And we are at a loss
For all the smiles you gave us
Be it a day of sun or frost

So let us all rejoice now
We know you'd want us to
The memories we have today
Will keep us from far from blue.

Jay, we all do miss you
And your mark is here to stay
We wish we could be with you
But that day is not today.

So rest in peace, our brother
'til our days in heaven begin
We'll know you'll be there to greet us
With that big ol' happy grin!

Damon

"Yesterday I"

Yesterday I realized
The value of a second
The value of a minute
The value of life.
Yesterday I realized
The value of a stranger
whose life is now in your hands.
Dad, Grandpa, Mom, Grandma,
Sister, Brother, Son, Daughter,
Lover and Friend, these words
Now have a value, they are
no longer just words.
Yesterday I realized the value of a family
and the value of being loved.

Feb. 2011

~Jamie O'Neill - South Suburban, IL Chapter Member

The Listener by Sascha Wagner

I have told you the story,
more than a hundred times
So it seems.
And you have heard me again,
more than a hundred times
So it seems.
One day, will I be able
to tell you how thankful
I am for your listening,
unfailing friend?
How thankful I am to you
for your quiet attention,
for your sweet understanding,
for your generous heart –
You have made me remember
the meaning of laughter and home,
You have made me remember life
more than a hundred times
So it seems.

That echo across all decades ...
Priceless words
Indelibly etched on the heart.
Sometimes
Thoughts were never spoken,
But unexpected sentiment -
A quick embrace,
A silly smirk,
Or joyous laughter -
Reaches through the pain
And warms the heart.
We came too soon to understand
The folly of harsh words
Or neglected touch,
For who can know which taken-for -granted
event
Will become -
A last moment.
Diane N Fields TCF, Westmoreland County,
PA—
"The Healing Journey", TCF Oak Brook, IL



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

“Our grief journeys are not about closure; they are about adjustment and staying connected.”

“The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again.”

– **Simon Stephens,**
founder of The Compassionate Friends

Things That Catch Us Off Guard

~ Dave Wilkinson, TCF Green Bay, WI ~

For those who have experienced the loss of a child we know that grief can often catch us off guard, like a wave that seems to come out of nowhere and overwhelms us. Henry James, American author, psychologist, and philosopher, once wrote, “Sorrow comes in great waves ... but it rolls over us, and though it may almost smother us, it leaves us. And we know that if it is strong, we are stronger, inasmuch as it passes, and we remain.”

I had a new appreciation of that fact when on vacation in Hawaii in April. My wife and I watched the waves roll onto the beach. Some high school boys were playing in the surf using boogie boards. We decided to experience the waves for ourselves. We ventured out and suddenly a wave was rolling over us that peaked about five feet over our heads. It knocked me off my feet. It knocked my wife into an uncontrollable spin until she washed up on shore. When you are in the midst of a wave of grief it can feel overwhelming and uncontrollable. You can feel as if you are drowning. But when the wave passes, you realize that you have remained. You are stronger than the grief. You will survive.

Another thing that can catch us off guard is special occasions. May and June seem to be full of them: the graduation of a class our child would have been in; the first, or maybe tenth, Mother’s Day or Father’s Day without our child, church events like confirmation. They can all catch us off guard. As with those waves I mentioned earlier, it might be best to face them head on and dive right into them. Then we are in control.

One more thing I was surprised and caught off guard by (saying that sounds redundant) was humor and laughter. When you are experiencing the very fresh and sharp pain of grief, laughter seems so out of place. But as time went by I remember appreciating laughter, just as I began to appreciate again the smell of flowers or the chirping of birds. When that point happens will be different for each grieving parent. But it is a sign of hope, just as the new buds of spring are a sign of hope. Our monthly support group offers hope. Hope that the sharp pain of grief will go away. Hope that I can begin to remember my child’s life more than their death. Hope that I will survive. Hope that I will laugh again. Come and share in that hope. We need not walk alone.

Reprinted with permission from the author.

Dated Material - Please Deliver Promptly - Return Service Requested

The Compassionate Friends, Inc.

Copyright © 2016 - All Rights Reserved

June/July 2016

The Compassionate Friends
Pikes Peak Chapter
PO Box 51345
Colorado Springs, CO 80949-1345

