



# THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER  
Supporting Family After a Child Dies



November 2015

## Upcoming Events

November 19th - General Meeting - 7:00 p.m. - First Baptist Church  
December 13th - 7:00 p.m. - Candle Light Memorial - First Baptist Church  
December 17th - General Meeting - 7:00 p.m. - First Baptist Church

## STEERING COMMITTEE

**CHAPTER LEADER - ACTING**  
LARAINÉ ASARO-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**  
CHAELE 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:

### CHAPTER LEADER - ACTING

LARAINÉ ASARO-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

CHAELE CHRISTIANSON \* 687-6688

**SUICIDE**  
LARITA ARCHIBALD 596-2575

**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. \**





### *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 November 19, 2015.**

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](http://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](http://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!



Chaplain

**Gene Steinkirchner  
CSPD**



Chaela Christianson  
in loving memory of her son  
**Damon Vincent Christianson**  
**5/30/1977 ~ 7/3/2010**



**Welcome to our new families:**

Damien Mooneyham - Son Malachi Mooneyham  
Linda Benford - Daughter Joyhanna Benford Grimm, Granddaughter Treasura Carswell-Benford  
Jim and Elaine Prickett - Son Daniel K. Prickett  
Robert "Bob" E. Slaughter - Son Robert "Bobby" C. Slaughter  
Vicky Campbell - Son Ian Vincent  
Ginger Slaughter - Son Robert C. Slaughter  
Carolyn Kochis - Son Thomas Conrad Rosenkranz  
Aundria and Dennis Casey - Son Mark Anthony Hickman  
Paul J. Petta (sibling) - Brother Blaine Joseph Steele

**Welcome New Friends.**

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.

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**The Same**

The ninety year old whose sixty-two year old son has died  
Suffers the same.

The young couple whose child died in infancy or was yet to be born  
Suffers the same.

The man and woman who lost their twenty-nine year old son  
Suffer the same.

They all suffer the same!

Only those who have not lost children place a value system on it. We "experts" - we know different.  
We know that when you bring a child into your world the indelible stamp of love makes it your child -  
Forever!

Our feelings do not diminish with their age nor ours. One year or sixty-five - it's the same love.

Ten years or twenty-one - it's the same pain.

One child, or one of many, it's the same loss.

It's the same grief, it's the same struggle.

Only "civilians" measure it in numbers.

So let us hug the ninety year old parent. Let us caress the grieving young couple, let us comfort the  
man and woman. They all walk the same path - Together!

~TCF Babylon, Long Island, NY



## Remembering Our Children On Their Birthdays

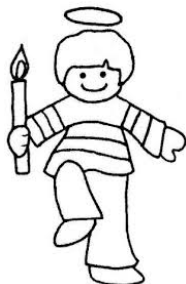
Child's Name	Date of Birth	Compassionate Friend
Robert Howie	Nov 1	Annette Howie
Rebecca Ann Reynolds	Nov 1	Ken & Barbara Reynolds
Chloe Faith Gafford	Nov 3	Brian & Jocelyn Gafford
Nick Naples	Nov 4	Laurie Naples
Patrcia Elliott	Nov 4	Connie & Dave Elliott
Carlos Martinez	Nov 6	Vicki Struckle, Marilyn Martinez
Michael Keeney	Nov 6	Charlotte Keeney
Kristie Diaz	Nov 7	Julie Diaz
Nicole Johnson	Nov 7	Sherry Turner
Vinnie Franz	Nov 8	Barb Franz
McKenzie Boutin	Nov 9	Colleen Boutin
Kimberly Ann Hayes	Nov 10	Patty & Patrick Hayes
Judy Gambill	Nov 13	Andrea Gambill
Daniel Stafford Gettman	Nov 14	Louise Gettman
Clay Cline	Nov 14	Arlene Robush
Colin Peter Baerman	Nov 14	Paul & Kerry Baerman
Eric Cowles	Nov 15	Doug & Leah Cowles
Shannon Diane McMahon	Nov 17	Robert & Jeanette McMahon
Joshua W. Lewis Gohlke	Nov 19	Karen Swank
Travis Grimmer	Nov 20	Mary Lou Grimmer
Richard "Richie" Petras	Nov 21	Richard Petras
Evan Carara	Nov 22	Cindy & J.D. Carara
Leah Ann Trutna	Nov 22	Steve & Phyllis Trutna
Branden Howland	Nov 23	Julianne Howland
Patrick Roger Pennington	Nov 24	Roger & Joan Pennington
Savannah L. Burke	Nov 25	Herman & April Burke
Danae Lynne Marie Mannon	Nov 26	Art Mannon
Mark Van Matre	Nov 27	Patricia Van Matre
Jalynn Cameron	Nov 28	Jessica Cameron
Michael Christopher Rushmore	Nov 28	Bob & Carol Rushmore
Paul A. Behr	Nov 29	Cynthia & Steve Behr





## Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Michael Williams Greist	12 years	Nov 1	Judy Greist
Jaden Alexander Founds	1 month	Nov 3	Kimberly Founds
Chloe Faith Gafford	1 day	Nov 3	Brian & Jocelyn Gafford
Justin William Winner	13 years	Nov 5	Dale & Rosanne Winner
Ayla Amaya Sanchez	5 years	Nov 7	Jennifer Sanchez
Scott David Stieglmeyer	21 years	Nov 7	Betty Stieglmeyer
Seth Fieser	9 months	Nov 8	Megan Fieser
Dwayne Stoppel	45 years	Nov 8	Pearl Stoppel
Alexander Pegler	3 years	Nov 9	Eric & Lisa Pegler
Emma Renee Younger	3 months	Nov 9	Adam & Mindy Younger
Robert Howie	13 days	Nov 12	Annette Howie
Mike Mozo	27 years	Nov 12	Valerie Kirchhofer
Lindsay Yvonne Davis	26 years	Nov 18	Susan & Jerry Davis
Michael Keeney	45 years	Nov 18	Charlotte Keeney
Stephen Merle Schmoker	39 years	Nov 19	Shirley & Ralph Greer
Sean Michael Benjamin	34 years	Nov 20	Kathy Benjamin
Tyler Schmidt	23 years	Nov 20	Valerie & Jeff Schmidt
Omar Amaya	21 years	Nov 21	Oscar & Juana Amaya
Aaron Lee Gallob	28 years	Nov 21	Lou & Erma Gallob
Susanna Jeanette Scruggs	23 years	Nov 22	Patricia Beard
Joseph Michael Chavez	29 years	Nov 22	Herman & Patty Chavez
Tommy Kinslow	20 years	Nov 22	Pam Kinslow
Conri Lee Barber	8 months	Nov 23	Sean Barber & Cherie Barledge
Sid Shell		Nov 23	James Selvig
Kimberly Benson	16 years	Nov 24	Debbie Diekman
Wade Lehman	19 years	Nov 24	Lori Lehman
Joyhanna Benford-Grimm	28 years	Nov 25	Linda Benford
Jonathan Ell-Duncan	17 years	Nov 25	Dan & Becky Duncan
Michael Ornelas	2 months	Nov 27	Annette & Chris Ornelas
Adriano Bermudez	19 years	Nov 29	C.J. LaPointe
Sheldon Pasca	20 years	Nov 30	Norma Watkins





# THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER  
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November 2015

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*The Compassionate Friends*  
Supporting Family After a Child Dies

Light a candle for all  
children who have died

**Worldwide  
Candle  
Lighting®**

*... that their light  
may always shine.*

**Sunday, December 13, 2015  
7 PM Around the Globe**



## PLEASE NOTE:

DUE TO A CHURCH SERVICE PRIOR TO OUR CANDLE LIGHTING PROGRAM, WE ASK THAT YOU **ARRIVE NO EARLIER THAN 6:45 p.m.**

THERE WILL BE PLENTY OF ROOM IN THE SANCTUARY AND WE DON'T WANT YOU TO HAVE TO WAIT OUTSIDE SHOULD THE WEATHER BE INCLEMENT OR COLD.

-THANK YOU, STEERING COMMITTEE

## PIKES PEAK TCF CANDLELIGHT MEMORIAL SERVICE

Once again we request that you contact us to have your child's slide included in our memorial. Slides from previous years may be used again this year or you may submit new photos. Please limit your photos to (2) two along with a short dedication so everything will be viewable on the slide. Please remember, the better the photo you submit, the better your dedication will look.

**Prior years' submissions will be read as a dedication if we don't hear back from you.**

**DEADLINE FOR SUBMISSIONS IS SAT., DEC. 5th.**

To see a short sample of our Candlelight Service, go to this YouTube link: <http://www.youtube.com/watch?v=8g4uTWPbGCI>

We are quickly approaching December and with it our annual Worldwide Candle Lighting.

The date this year is December 13th and once again will be held in the sanctuary of the First Baptist Church at 7:00 p.m.

Now is a good time to look through your photos to submit for our slide show. Old slides may be updated or a new one created for your child.

More information about this special event will be forthcoming in next months newsletter or you may write to me should you have any questions at [PikesPeakTCF@gmail.com](mailto:PikesPeakTCF@gmail.com).

Stew Levett - Editor

Send to: Stew Levett  
160 El Dorado Lane  
Colorado Springs, CO 80919

Your Name \_\_\_\_\_  
Your Address \_\_\_\_\_  
Your Phone \_\_\_\_\_ Email \_\_\_\_\_  
Child's Name As You'd Like it to Appear \_\_\_\_\_

Cause of Death (Optional) \_\_\_\_\_  
Child's Birthdate \_\_\_\_\_  
Child's Memorial Date \_\_\_\_\_  
Number of Pictures Included \_\_\_\_\_  
Dedication \_\_\_\_\_

Please create my slide with information and pictures provided.  
Please use last year's slide. \_\_\_\_\_ Please return pictures when finished. \_\_\_\_\_



## ***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.



## HEALING WORDS

### 10 Tips for Living with the Holidays this Year

1. Remind yourself that you will survive. You will.
2. Think about what will bring you the most peace this holiday season.
  - a. Keeping all traditions intact?
  - b. Tweaking some traditions a bit and adding new ones?
  - c. Throwing out all the old traditions and starting new ones?
  - d. Flying to the Caribbean and completely skipping the holidays this year?

It's okay to do that.

3. Don't expect anyone to mention your child by name. Believe it or not, that's your job. People will look to you to determine whether or not it's safe to talk about the person that died.

A few subtle ways to do that:

- a. Serve/bring your child's favorite dish to the holiday get-together and talk about it!
  - b. Bring a favorite picture - pass it around. Work it into the dining table centerpiece.
  - c. Bring a favorite memento— a book, a poem, a toy, a video, an article of clothing - share it after dinner.
  - d. Have your child's favorite music playing in the background— tell the story!
4. Plan a special evening for close family and friends when you REMEMBER. Ask everyone to bring a favorite photo and write down a special memory. Set time aside to sit in a circle and share the photos and memories.
5. Remember that it's okay— it's even healthy—to cry.
6. It's okay to stay in bed... you will get out, when you are ready and able.
7. It's also okay to smile or even laugh, a bit. You're not being disloyal.
8. Buy yourself a gift. Wrap it. Write a note – to you – from your beloved child.
9. Buy someone less fortunate than you a gift.
10. Light a candle.

Use in TCF newsletters granted by the author, Tom Zuba, twice bereaved parent, author, speaker, and workshop presenter. [www.tomzuba.com](http://www.tomzuba.com).

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The Invitation is the same no matter where you live...

The school year is well underway and the holidays are upon us. Can it really be that time of year again? Whether our grief is fresh, tender and tearful...or whether it is more seasoned by sweet memories that tug at our hearts....this is a very difficult time of year. All the more reason to participate with the Compassionate Friends in monthly meetings where we talk about these tender times. Or perhaps you would like to join us at our Annual Candle Lighting Ceremony where we lift up each of our children and remember them with hearts that are full of the joy they gave us! Be kind to yourself this holiday season. Remember....rejoice....rekindle the memories. It is through us that they continue to live on.

Sharon, TCF Lubbock, TX  
(Shayne's mom)



## THOUGHTFUL POEMS

### THANKSGIVING

The time draws near  
And the calendar says  
Thanksgiving is really here.  
Time to reflect and time to gather  
Thoughts of what to be thankful of.  
Thankful? I think not.  
My life is not full these days  
And to be thankful is beyond my grasp.  
But to give thanks? This, I believe, can be done.  
Searching my soul deep within  
Reasons to give thanks surface to the edge  
Yes, I give thanks  
For the memories of yesterdays,  
The love, the laughter, the joy of each day when James was with us  
The trials & tribulations of being an active parent,  
The rewards & the challenges of raising a child,  
The days of blissful ignorance when I thought tragedy would never visit our home,  
The days when life was normal, even though I took it all for granted.  
For the treasures of todays,  
The sunrise, sunset, the changing of the seasons,  
The new found friends along this journey I reluctantly travel  
The tried & true friends who stand by me still,  
The strong and everlasting love of my husband  
The warmth of wet kisses from my canine companion & feline friend,  
The encouragement & support, compassion & caring I give & receive as  
I survive and help others survive.  
For the hopes and possibilities of a peaceful tomorrow,  
With faith, love, & perseverance as I struggle to move on  
With James in my heart forevermore, spiritually guiding me with his new presence,  
With sorrow and reluctance, each new day,  
To yet, somehow, be open and loving,  
Not to forsake what I've learned Because of what I've lost.

Meg Avery (James' mom)  
TCF Lawrenceville, Ga



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

November 2015

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