



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



November, 2017

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

CHAECLA 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?

Our next meeting will be on November 16, 2017.

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.





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.

I Am Your Sister and Always Will Be

"I am your sister and always will be." That's how Susie signed her cards to me. After a while, she shortened it to, "I am..." And of course I knew the rest of it. Susie was two and one-half years younger than I. She was alive one evening talking on the phone to Mom about the Oscars and to Dad about moving. The next day she was found. Whatever it was – it ended her life and changed mine forever.

There was a wonderful side of my sister that I didn't pay enough attention to. She was a kind and loving person, always ready to shelter lost animals and lost souls. When she was in a good mood, her smiles warmed my heart. Yet I spent most of my life wishing that things were different: wishing that she thought more of herself, wishing that she would take my advice, wishing that she were happier, wishing that we could accept each other.

Now, for two years, I've done nothing but wish she were here so we could have another chance to work at our relationship. Now, I wish that I had been able to give her my unconditional love & support. (She needed it and deserved it.) Now, I wish that I could have been with her that night so she would not have been alone. Now, I wish that I would have held her in my arms and told her how very much I loved her. Because, Susie, I am your sister and always will be.

By Michele Walters - TCF Baltimore, MD

Special Memories

Holidays provide opportunities for memorializing our children in special ways. Here are a few of the things we can do:

- > Take a wreath, decorated tree, Menorah, dreidel, etc. to the cemetery.
- > Light a candle representing the child and let it burn all day.
- > Donate a few hours of service to a favorite charity.
- > Hang an ornament or decoration for the child.
- > Put thoughts and feelings about your child on notes and wrap them up or tie them to the Christmas tree or put them in the child's special stocking. This is an excellent opportunity for younger children to express their feelings.
- > Send flowers to a hospital or nursing home in your child's memory.
- > Make a contribution to charity in your child's memory.
- > Donate a new toy or article of clothing to a children's shelter.
- > Plant a tree or shrub and watch it grow as the years pass.

With Thanks to TCF Lubbock, TX





THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
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November 2017
Page 3



Welcome New Friends.

Marion Frayne - Son Gregory Frayne
Dwight "Ike" Schneider - Daughter Janelle L. Abate

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



Loretta Chancellor
In Loving Memory of Her Sons
Jay and Carl Simco

Michaela R. Christianson
In Loving Memory of Her Son
Damon Vincent Christianson



Remembering Our Children On Their Birthdays - November

<u>Child's Name</u>	<u>Birthday</u>	<u>Compassionate Friend</u>
Robert Howie	Nov 1	Annette Howie
Rebecca Ann Reynolds	Nov 1	Ken & Barbara Reynolds
Chloe Faith Gafford	Nov 3	Brian & Jocelyn Gafford
Dylan Sagraves	Nov 4	Lance & Terri Hill
Patrcia Elliott	Nov 4	Connie & Dave Elliott
Nick Naples	Nov 4	Laurie Naples
Michael Keeney	Nov 6	Charlotte Keeney
Carlos Martinez	Nov 6	Vicki Struckle, Marilyn Martinez
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
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
Clara Johnson	Nov 15	Julie Sanchez
Scott Lauther	Nov 16	Marte Lauther
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
Dean Berry	Nov 23	Kira & Nick Berry
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
Michael Christopher Rushmore	Nov 28	Bob & Carol Rushmore
Jalynn Cameron	Nov 28	Jessica Cameron
Paul A. Behr	Nov 29	Cynthia & Steve Behr



Remembering Our Children On Their Anniversaries - November

<u>Child's Name</u>	<u>Forever Age</u>	<u>Date of Death</u>	<u>Compassionate Friend</u>
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
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
Anthony Crisp	27 years	Nov 20	Trudy Crisp
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
Robert Yankosky	32 years	Nov 21	Dave & Lucy Klos
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	33 years	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
Dean Berry	6 days	Nov 28	Kira & Nick Berry
Adriano Bermudez	19 years	Nov 29	C.J. LaPointe
Sheldon Pasca	20 years	Nov 30	Norma Watkins



THOUGHTFUL POEMS

Golden Memories

They say memories are golden;
Well maybe that is true;
We never wanted memories,
We only wanted you.
A million times we needed you,
A million times we cried;
If love alone could have saved you,
You never would have died.
In life we love you dearly,
In death we love you still;
In our hearts you hold a piece
No one could ever fill.
But now we know you want
Us to mourn for you no more,
To remember the happy times;
Life still has much in store.
Since you'll never be forgotten
We pledge to you today;
A hallowed place within our heart
Is where you'll always stay.
If tears could build a stairway
And heartache make a lane,
We would walk the path to heaven
And bring you back again.
Our family chain is broken,
And nothing seems the same;
But as God calls us one by one,
The chain will link again.
We love and miss you dearly!
Author Unknown

ON NOT SAYING IT

I never got around to saying it.
There was always tomorrow,
When the time would be more appropriate.
Besides, you hated "embarrassment,"
Or was the embarrassed one really me?
Now I say it a lot, To the sky, to your photo,
to a gravestone.
Knowing facts say you cannot hear it,
But believing, inside me, you can.
When a child, a youth, then a young man,
I remember how you watched my face.
First as your god, then as your monitor,
Finally, I hope, as a friend.
But "I love you," as years went by,
Were words we kept bottled inside.

Now that you've left, the bottle overflows.
Until I, too, cross the Divide,
I have to believe you knew.
And forgave me for not saying it.
Leonard Rupert TCF Atlanta, GA

Like the Butterfly

It fluttered above my head Weightless in the soft
breeze. I reached up my hand
It lit on my finger.
Waving glistening wings gently,
It looked at me for timeless moments. I smiled,
reaching deep and
Finding all those cherished memories.
As it flitted off through the sunlit morn, I knew we
had said hello once more.
~Yolonda Moore
TCF Lubbock, TX In memory of Kimberly

I Want My Child

I don't want to hold to the memories.
I want to hold my child.
I don't want to stare at pictures.
I want to look at my child.
I don't want to take flowers to the cemetery.
I want to put flowers in my little girl's hand.
I don't want to tell stories about the past.
I want her to have a future and make new stories.
I don't want to talk about what used to be.
I want her here now.
I don't want to see my older daughter sitting all
alone beside her sister's grave.
I want to see them both shopping at the mall and
eating ice cream.
I don't want to write poignant prose.
I want my child.
I don't want to write soul piercing poetry.
I want my child.
When did that become too much to ask?
Leslie Langford TCF, North Platte, NE





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.

10:30 am to 4:00 pm

Pikes Peak Library: 21c
1175 Chapel Hills Drive
Colorado Springs CO 80920

Program organized by:
**Heartbeat Survivors After
Suicide
Support Group: Colorado
Springs Chapter.** Meets at
7:00 pm
First Tuesday each month:
East Methodist Church
1505 E Monument St Co
Springs CO

Contact Information:
Elizabeth Allen
Email:
snowlady4455@aol.com



lisa.koumis@gmail.com
Preregistration is available
on the AFSP website but is
not required.
www.afsp.org/survivorday

Registration and refreshments

11:00 am Welcome and Screening of *The Journey* films

12:00 pm Lunch and resource exhibits

1:00 pm Speaker: Author Sue Klebold

2:00 pm Break and refreshments

2:15 pm Pikes Peak Suicide Prevention *Children Left Behind*

2:30 pm Panel discussion with survivors of suicide loss

3:30 pm Remembrance ceremony

3:45 pm Closing remarks



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.

\$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, 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



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 SUNDAY, DEC. 3rd.
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 10th 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.

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. _____



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

November 2017
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Dated Material - Please Deliver Promptly - Return Service Requested