



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



October 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

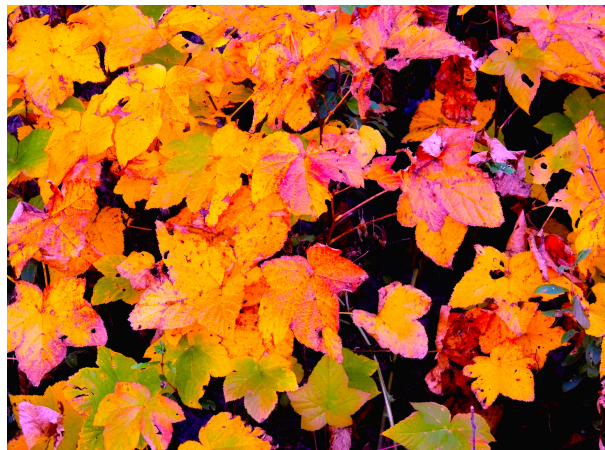
ADULT CHILD / SUDDEN DEATH

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

- 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!



Chaplain

**Gene Steinkirchner
CSPD**



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



10 Years On

Though today (October 18th) is the ten year anniversary of my son Aaron's death, the real beginning, at least for me, started Monday, October 12th. That was my 40th wedding anniversary and the beginning of the start of our "week." You see October now has the distinction of being a double edged sword, a time of great happiness and a time of bitter memories. October will never be the same but it has gotten better.

Following Aaron's death the thought of celebrating our wedding anniversary just didn't seem possible. At first we would just stay home, weighed down by the knowledge of the impending day about to face us in just six short days. Sure, friends would call or write to congratulate us and we'd give each other cards and an occasional gift but there just wasn't room for real celebration. Friends would invite us out for dinner because they knew how difficult our week would be. We would go and enjoy our evening and then come home once again and face reality. Life as a bereaved parent sucked.

The first year following his death we invited all his friends out for dinner at one of his favorite restaurants and I gave each of them a dvd I had put together of his life. We had a great time remembering him with all his friends but decided doing a celebration on his anniversary date just wasn't what we wanted to do. Celebrating his life on his birthday was much more to our liking than celebrating the anniversary of his passing.

One year we vacationed during his birthday (August) at a ski resort in the mountains and bought a large birthday cake which we put in the lobby for guests with a card explaining what the cake was for and to please help themselves to a slice of birthday cake. Another year we went to the Las Vegas show "Love" which we know he would have enjoyed.

Each year the pain has gotten a little bit softer and the memories a little sweeter. This year on our wedding anniversary we celebrated with friends by going out of town and actually had a good time. The time leading up to Aaron's anniversary date is not so rocky anymore. The sick feeling of heartache and the tears are mostly gone too. I have to say here that The Compassionate Friends have played a huge part along the way and the adage "It will get better" is actually true. It didn't come easy, we had to work at it but we are survivors. You can be also.

Between working on this newsletter and watching the Broncos we ordered his favorite pizza and said a little prayer to our boy that we miss so much. I think he would be smiling at how many of his friends still contact us to say they're thinking of us and how much they miss him. Yes we do, yes we do.

Stew Levett, editor - Pikes Peak TCF



Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Jaden Alexander Founds	Oct 3	Kimberly Founds
Jim Agnew	Oct 4	Tom Agnew
Adam Herzog	Oct 5	Nancy Saltzman
Andy Cope	Oct 7	Debbie & Kurt Adelbush
Jack C. Jefferson	Oct 8	John & Dena Jefferson
Eric Sutton Skinner	Oct 9	David & Gail Skinner
Isaac Sartain	Oct 10	Gregory Sartain
Tucker Ray Graef	Oct 10	Kathy Graef
Anthony Lopez	Oct 14	Paul & Trudy Lopez
David Scott Mueller	Oct 16	Sandy Eversole
Mandi Eads	Oct 17	Lucy Butcher
Jacob Sanchez	Oct 18	Janine McDonough & Denise Langhorst
Margaret McKean	Oct 18	Lilo McKean
Brian Hartzell	Oct 18	Fawn Batista
Brent Eads	Oct 18	Lucy Butcher
Richard Joseph Armstrong	Oct 19	Chuck & Helen Armstrong
Michael Edward Anderson	Oct 20	Laraine Anderson
Kimberly Benson	Oct 22	Debbie Diekman
Cody Austin Wilson	Oct 23	Elizabeth & Lance Wilson
Wyatt Travis Wilson	Oct 23	Elizabeth & Lance Wilson
Tyler Joseph Budfuloski	Oct 23	Rob & Alice Budfuloski
Dawn Michelle Wiley	Oct 24	Luanne Wiley
Stephen James Benjamin	Oct 24	Kathy Benjamin
Matthew Alan Haywood	Oct 26	Roger Haywood
Christopher Clayton Hodson	Oct 27	Eric & Janice Hodson
Christopher Skaggs	Oct 28	Ernest & Tanya Skaggs
Christopher Russell Tyson	Oct 30	Cory Lynn Tyson



Loretta (Simco) Chancellor
In Loving Memory of her 2 sons
Carl and Jay Simco



Remembering Our Children On Their Anniversaries


Child's Name	Age	Date of Death	Compassionate Friend
John Walther	31 years	Oct 1	Joseph Walther
Joshua C. Attardi	12 years	Oct 2	Paula Attardi
Suzanne Bethany Thomas	4 years	Oct 3	Arnie & Mary Thomas
Michael Edward Anderson	20 years	Oct 4	Laraine Anderson
Casey Olivia-Dyan Siegel	5 days	Oct 4	Lawrence & Shonda Siegel
Chris Hatfield	28 years	Oct 6	Cathy Hatfield
Fermin A. Vialpando	17 years	Oct 6	Sundae F. Vialpando
Sheri Cavin	21 years	Oct 9	Susan & Alan Cavin
Jessica Stockwell	24 years	Oct 12	Mark & Sally Stockwell
Cody Austin Wilson	5 years	Oct 13	Elizabeth & Lance Wilson
Emma Riley		Oct 16	Heather Claypool
Rebecca Ann Reynolds	17 years	Oct 16	Ken & Barbara Reynolds
Melissa Sue Micke	19 years	Oct 17	Alice Micke
Aaron Paul Levett	26 years	Oct 18	Stewart & Leta Levett
Bryan Michael Womeldorff	27 years	Oct 19	Shawn Brown
Carlos Martinez	20 years	Oct 21	Marilyn Martinez
Mandi Eads	6 days	Oct 22	Lucy Butcher
Denise Elaine Bear	20 years	Oct 24	Dona & Tanya Flores
Trevor "T.J." Franks	17 years	Oct 24	Penny Franks
Owen William Howard	34 years	Oct 25	Mike & Carol Parker
Cody Darby	20 years	Oct 27	Lori & Steve Darby
Daniel Stafford Gettman	31 years	Oct 28	Louise Gettman
Matthew Dale Wilson	14 years	Oct 28	Raye & Rick Wilson
Cris Cruz	23 years	Oct 29	Henrietta Madrid
Michael Christopher	29 years	Oct 29	Bob & Carol Rushmore
Kimberly Denise Patterson	16 years	Oct 30	Sigrid Patterson

WEE SMALL HOURS

"In the wee small hours of the morning..." is a good way to describe the loneliness of grief. When death visits our homes, our families, or our friends, it leaves grief, loneliness, and desolation in its wake. How do we survive? Is continuing worth the pain? How do we face another day, or hour, or minute? Why should this have happened to me? What can I do to stop the pain?

"In the wee small hours...is the time I miss you most of all." During that time no ray of light or relief from grief seems possible. Nothing seems to work right. However, we can find our way into a sunlight both bright and warm, both invigorating and encompassing. The help we so urgently need to find our way out may be the unexpected phone call, the hand reaching out to assist, the letter or card sent in sympathy, or the friend who encourages us to talk and talk some more. We need not question how that help finds us. It is enough that it is there when it is most needed. It is enough that we can reach out and find a compassionate friend. And when we do, we begin to fill the wee small hours...with large and wonderful memories of our loved ones.

Roy P. Peterson - TCF Lexington, KY




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**



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.

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

Changing of the Seasons

The summer heat is fading and the evenings begin to cool: autumn whispers in the wind. Labor Day often signals the last "hoorah" of days-off as school buses resume their familiar routes and leaf-gathering chores are added to our days.

In our journey towards recovery, there are also seasons. For many, autumn is a reflective time, when nature begins its own cycle of shutting down and dying. A time of quiet melancholy may fill your heart. Distant shadows of the approaching holidays begin to creep into your mind.

But if you look closely, you will notice autumn signs loudly her song of beauty and rebirth. She puts on her finest wardrobe, filled with colors of warmth and comfort. Different are these colors than bright spring and summer florals, but how beautiful and peaceful. I see autumn as a season of inner strength, with roots reaching deep into the heart of the earth for nurturing. So as we gather leaves and find long-forgotten jackets, my wish is that the harsh edges of pain will begin to recede and your memories bring you warmth and comfort.

~~D. Barts, TCF Portland~~

The Mask of Grief

As the beautiful colors of fall surround us and the air is sweetened and chilled, we, the broken-hearted parents and families of those children who left us too soon begin to find the strength and perseverance to face another season, another anniversary, another rush of memories. Perhaps Halloween brings with it visions of little candy-grabbing goblins and gossamer-clad fair children. Perhaps those memories aren't available to some of us. All of us pick up our masks right around this time of year and we put them on. Our masks are different, though. When our children died, we discovered that the raw and horrible pain we were in probably showed up on our faces, in the way we stood, in the way we walked and talked. We soon discovered that, even though we had many close and loving friends and family, they were not very comfortable with watching us bleed to death from the inside out...So we constructed a mask.

Masquerade Balls and Pagan ceremonies are ancient rituals. The idea of "masking" one's identity for a short time and celebrating with wild abandon is as appealing in our society as it was in those ancient times. Unfortunately, the bereaved have a different reason for donning the mask. We force our mask to smile when the lump in our throat and the heaviness in our chest threaten to choke us. Our eyes leak profusely, despite the waterproof mascara and pancake makeup we women keep applying...Men put on a stoic and strong façade, sometimes failing miserably and breaking down with terrible beauty.

I urge you to be gentle with your mask. Put it on thoughtfully and take it off with great care. There are safe places to leave it and one of those places is with those of us who travel this path with you.

By Kerry Marston - TCF Atlanta Chapter



THOUGHTFUL POEMS

Don't Tell Me

*Please don't tell me you know how I feel,
Unless you have lost your child too,
Please don't tell me my broken will heal,
Because that is just not true,
Please don't tell me my son is in a better place,
Though it is true, I want him here with me,
Don't tell me someday I'll hear his voice, see his face,
Beyond today I cannot see,
Don't tell me it is time to move on,
Because I cannot,
Don't tell me to face the fact he is gone,
Because denial is something I can't stop,
Don't tell me to be thankful for the time I had,
Because I wanted more,
Don't tell me when I am my old self you will be glad,
I'll never be as I was before,
What you can tell me is you will be here for me,
That you will listen when I talk of my child,
You can share with me my precious memories,
You can even cry with me for a while,
And please don't hesitate to say his name.
Because it is something I long to hear,
Friend please realize that I can never be the same,
But if you stand by me, your friendship will be my
treasure.*

Judi Walker - Tiffin, OH TCF



Accept me as I am
Grieving, pained
Empty, lonely
Just love me
And allow me to feel
What I must feel.
One day I will begin to heal -
I know not when.
Don't be afraid of me -
It is still me -
Struggling to find myself -
outside of this pain.
Please just be my friend.
-Marilyn Henderson TCF/Pacific Northwest

TRICK OR TREAT

The night is dim,
And the pumpkins grin
At children on the porch.
The doorbell rings.
"Trick or Treat" they sing.
My heart burns like a torch.
The Dracula's face
And a princess in lace
Are peering in at me.
How I'd love to ask
"May I lift your mask?"
And hiding, there you'd be
You'd get such a kick
From that silly trick,
But disguised, you must stay.
In the wind that blows
my heart still knows,
You're playing October charades.
By Kathie Slief - TCF, Tulsa, OK



The Compassionate Friends
Pikes Peak Chapter
PO Box 51345
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