



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



October, 2017

**STEERING COMMITTEE**

**CHAPTER LEADER**

**Laraine Asaro-Anderson**

Son, Michael Edward Anderson

**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

**TELEPHONE FRIENDS**

Any of these members may be contacted to talk about your loss:

**CHAPTER LEADER**

LARAIN ASARO-ANDERSON - 719-344-3216 \*

**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

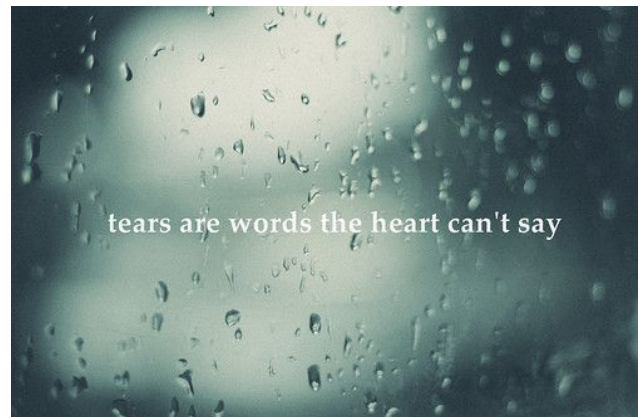
\*Steering Committee

*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?

**Our next meeting will be on October 19, 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.





**THE  
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October 2017.

Dear Pikes Peak Compassionate Friends,

Thirteen years ago this October my child Michael died at age 20 and I became a Forever bereaved mother. The early months (and years) after Michael died were full of pain and confusion, just like many of you have experienced, and had it not been for the Pikes Peak Chapter of the COMPASSIONATE FRIENDS, I sincerely believe I would not be standing here today. A few years later I came on board as Chapter Leader, and with the help of many former members, as well as our current volunteers--Jane and Steve Gabriel, Stew and Leta Levett, Michaela Christianson and our new treasurer Ruby Doyle--I worked to continue the vision of the original Chapter mission: to help everyone who finds us to the best of our ability as they move forward on their grief journeys. We hope that all of you, former and current members, received understanding, compassion and support through our monthly meetings, the Candlelight Service in December, our August Memorial Balloon Launch, and personal phone calls.

It has been a privilege to serve as Chapter Leader to all the parents, grandparents and siblings who have walked through our doors in disbelief, shock and trauma. I have witnessed so much growth in each and every member over time, and that's why I am grateful that the COMPASSIONATE FRIENDS exists. It is truly a blessing.

For that reason, my heart is heavy as I share with you the news that I am stepping down as Chapter Leader and steering committee member. A new season has begun in my life, one which will take me back East to be reunited with my two sons and

grandchild. I will miss each and everyone of you and will think of the group often. As the Steering Committee transitions, we want to assure you that our monthly meetings and memorials will continue just as before. Pikes Peak TCF will be here for you.

Also, in a effort to insure that our Chapter stays vital and strong, I ask all our members two years or more out from the start of their grief journeys to consider joining the steering committee. Our SC members have worked long and hard, some for many years, and they would so much appreciate more people coming forward to assist in the work of the Chapter. Helping out takes just a little of your time, and it's amazing how much you will move forward in your own grief as you give back to others. If we all pitch in, the Chapter grows stronger and many more bereaved members can be helped, just as you were helped.

It's been a honor to get to know each and everyone of you, and I thank you from the bottom of my heart for putting trust in me and the steering committee members.

God bless all of you!

With much regard,  
Laraine Anderson  
Chapter Leader  
In loving memory of my son,  
Michael Edward Anderson (forever 20)

P. S. I would welcome calls anytime when the need arises, as I will always be a Compassionate Friend  
[719-351-7653](tel:719-351-7653)





**Welcome New Friends.**

**Skye Aubrey - Son, Sebastian James Salkind**

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](mailto: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](mailto:nationaloffice@compassionatefriends.org)

**WEBSITES:**

Pikes Peak - [www.TCFPikesPeakChapter.org](http://www.TCFPikesPeakChapter.org)

Facebook - <https://www.facebook.com/TCFPikesPeak>

National - [www.compassionatefriends.org](http://www.compassionatefriends.org)



**Chaplain Gene Steinkirchner - CSPD  
Chapter Gift**

**Michaela R. Christianson  
In Loving Memory of Her Son  
Dameon Vincent Christianson**

**Laraine Anderson  
In Loving Memory of Her Son  
Michael Edward Anderson**



## Remembering Our Children On Their Birthdays - October

<u>Child's Name</u>	<u>Birthday</u>	<u>Compassionate Friend</u>
Andrea Bartmess	Oct 3	Wilma Cotten
Jaden Alexander Founds	Oct 3	Kimberly Founds
Jim Agnew	Oct 4	Tom & Bev 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
Tucker Ray Graef	Oct 10	Kathy Graef
Isaac Sartain	Oct 10	Gregory Sartain
Westly Cox	Oct 11	Karen Talbott
Nelia Rosemary Lang	Oct 13	Shannon & Cade Lang
Mandi Eads	Oct 17	Lucy Butcher
Jacob Sanchez	Oct 18	Denise Langhorst, Janine McDonough
Margaret McKean	Oct 18	Lilo McKean
Brent Eads	Oct 18	Lucy Butcher
Brian Hartzell	Oct 18	Fawn Batista
Richard Joseph Armstrong	Oct 19	Chuck & Helen Armstrong
Michael Edward Anderson	Oct 20	Laraine Anderson
Kimberly Benson	Oct 22	Debbie Diekman
Tyler Joseph Budfuloski	Oct 23	Rob & Alice Budfuloski
Cody Austin Wilson	Oct 23	Elizabeth & Lance Wilson
Wyatt Travis Wilson	Oct 23	Elizabeth & Lance Wilson
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 and Janice Hodson
Christopher Skaggs	Oct 28	Ernest & Tanya Skaggs
Christopher Russell Tyson	Oct 30	Cory Lynn Tyson

### **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.



## Remembering Our Children On Their Anniversaries - October

<u>Child's Name</u>	<u>Forever Age</u>	<u>Date of Death</u>	<u>Compassionate Friend</u>
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
Vadah Lynne Blocker	1 year	Oct 6	Sterling Blocker
Chris Hatfield	28 years	Oct 6	Cathy Hatfield
Fermin A. Vialpando	17 years	Oct 6	Sundae F. Vialpando
Andrea Bartmess	28 years	Oct 8	Wilma Cotten
Thomas Cooper	24 years	Oct 8	Marianne Lawless
Sheri Cavin	21 years	Oct 9	Susan & Alan Cavin
Jessica Stockwell	24 years	Oct 12	Sally Stockwell
Sam Bracchi	20 years	Oct 13	Michael & Colleen Bracchi
Nelia Rosemary Lang	1 day	Oct 13	Shannon & Cade Lang
Caleb Norris	13 years	Oct 13	Keith Norris
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, Vicki Struckle
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
Santiago Ruiz	2 months	Oct 27	Miriam Ruiz
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

### **Books on Grief Available**

We have quite a large selection of grief books at our monthly meetings. We invite you to look over the books from our library. We hope you can find something that may help you and your family. If you have a book you would like to donate and share with other bereaved parents, please bring it with you to the meeting.



## THOUGHTFUL POEMS

### My Child

When I see my child again and he or she ask me,  
What did you do with your life after I left,  
I want to be able to say, I gave it all I had, my  
child!  
I managed to survive even though I missed you  
way too much.  
I reached out to others as I never did before.  
I saw sunsets and sunrises for both of us.  
I listened to music with your ears as well as mine.  
I held another's hand.  
I wiped away another's tears.  
I felt winter's wind and summer's sun like never  
before.  
I forgave people who hurt me.  
I loved the ones I still had with me  
in a way I never could or would have before.  
I gave it all my child, not in spite of you ... but ...  
because of you.

Written by Alicia of the Desert  
Submitted by Doug Petersen

### October's Memories

October's here, the air is bright,  
The leaves decked out in fancy dress,  
The clouds in shapes of animals  
Hang in the sky so blue.  
This was our favorite time of year,  
Your favorite.  
You'd come in, cheeks glowing, eyes sparkling,  
Smelling of the leaves you'd jumped through, As a  
child and even after you grew up.  
Our time, but now only my time.  
Time to dream dreams that won't be.  
Time to wish wishes that won't come true. Time to  
remember and treasure each day We had  
together.  
Time to recall and lovingly remember,  
Time for those precious October memories.

TCF, Northfield, NJ

### FALL

Fall is a season of many feelings.  
Autumn is here once again,  
As it comes every year.  
And with the leaves my falling tears.  
This time of year's the hardest time of all.  
My heart is still breaking. once again it is fall.  
Memories once so vivid are seeming to fade.  
My time spent with you seems some other age.  
This season reminds me of grief and of pain  
But yet teaches hope and joy once again.  
For the trees are still living beneath their grey  
bark, And you, my sweet child,  
Are alive in my heart.

-Cinda Schake, TCF, Butler, PA

### You Were On My Mind...

When I woke up this morning ...  
you were on my mind. You were on my mind.  
You with that genuine enthusiasm,  
Like a kid with his first bicycle.  
You with the curiosity and excitement that dads  
love to be there for.  
There's so much of you still with me. Still with us!  
It's not fair that we feel cheated or  
that we won't share your ways anymore.  
But in reality, after all the tears and inner feelings  
of pain and sadness pass  
We will have joy and great happiness because we  
shared your days. Your laughter. You.  
And when I wake up each morning  
it will be OK that you were on my mind... You are  
on my mind.  
That's a special place for you to be, because it will  
be forever.

Michael Tyler, TCF Lighthouse Chapter,  
Lewes, DE



### 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](mailto: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](mailto:snowlady4455@aol.com)

[lisa.koumis@gmail.com](mailto:lisa.koumis@gmail.com)  
Preregistration is available  
on the AFSP website but  
is not required.  
[www.afsp.org/survivorday](http://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






 *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.*

**Second Sunday in December  
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 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](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. \_\_\_\_\_



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

October 2017

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