



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

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?

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.

Our next meeting will be on Oct. 18, 2018





Musings on Halloween Past and Present

As I type this, the nip in the October air is a reminder that the major holidays are just around the corner. Halloween paraphernalia has been in the stores since July with Christmas decorations right behind them. For those of us who are bereaved parents, this means the sooner the décor is on the store shelves, the longer we have the constant reminders that we will be facing the holidays without our child present. Whether this is your first Halloween following their death or years down the road, such as in my situation, the holiday season stirs the emotions. For example, with Halloween, there could be the sorrow of no longer having to find that perfect costume or witnessing the delight in your child's eyes as they head out the door to trick-or-treat. If your child was an adult when they died, perhaps it is your old memories of Halloweens when they were youngsters. And there are those whose children died before they ever had the opportunity to create memories, the sadness that they were never able to experience even one holiday with that child.

Halloween can be particularly hard to get through. In the past, I always thought of it as innocuous enough; costume parties, children excitedly dashing door-to-door looking for treats, pumpkin carving, and the occasional harmless prank. However, after my daughter Nina died, I became acutely aware of things that I had never given a second thought. For instance, my neighbor made their whole front yard into a graveyard scene of fake headstones with scary or silly epitaphs on them, and terrifying creatures coming out of the earth. Before Nina died, I also found cemeteries "creepy", but now look at them differently, even with a sort of reverence. I no longer have a problem going out to my daughter's grave-site, even in the middle of the night. I find the solitude of the historic countryside graveyard where she lays peaceful, dignified and worthy of respect. I was hurt by what I felt was ridicule and disdain for the final resting place of our loved ones' physical bodies. In addition, some of the masks portrayed faces of death in a way that I found highly offensive, especially since I knew many who lost their children to some of the means depicted. I perceived it as a mockery of the tragedies that these families suffered.

Though I still don't pretend to understand the allure of the above-mentioned Halloween depictions, they aren't as painful to me as they were the first few years after Nina died. Especially in the early grief years, we become hypersensitive to our surroundings and more keenly aware of anything related to death. It is pretty hard to look past the non-bereaved populations seeming nonchalance about something we take so personally. Though we wish there was more understanding, we also know all too well that they cannot truly empathize unless they have walked in our shoes. It is easy to forget that, before our children's deaths, we too may have shown the same indifference. We'd like to think that we would not have been so callous because we now know firsthand how much this hurts those affected. However, before we lost our "innocence", truth be told, we probably didn't give any of it much thought.

On this 10th Halloween without Nina, I do my best to ignore all the ghoulishness surrounding this time of year. If I do find I am having difficulty, I try very hard to focus on positive memories of Halloween's past, such as her grade-school costume party where our basement became a makeshift haunted house where blindfolded "witches" and "fairy princesses" shrieked and giggled as they plunged their hands into bowls full of peeled grape "eyeballs" and wet macaroni "brains". Or the photos I have of her in different costumes over the years, from Care Bear to Punk Rocker. Then there is the photo taken of Nina on her last Halloween. No longer of trick-or-treat age, she stayed home to pass out the candy and carved her own Jack-O-Lantern that she is pictured proudly along side, with her ever-present smile and that wonderful twinkle in her brown eyes; such precious memories...

For those with a missing trick-or-treater this Halloween, the first holidays are the most difficult. Though I find they are easier to bear as time marches on, there will always be the awareness that someone so loved is absent from the family gatherings. Remember that this roller-coaster grief-ride brings different feelings with each passing year. It is important to allow those feelings—whatever they may be--and let them happen, Try not to be waylaid by other's expectations of you. Trust your instincts. Truly, only you know what is best for you.



Welcome New Friends.

Gary Rafferty - Daughter Rachel Rafferty
John Kimberlin - Daughter Thea Kimberlin

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.

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
TCF asks for donations in memory of our children who have died.

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.

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.



Eugene Steinkirchner
Love Gift Donation - CSPD

Ursula Hill in memory of her grandson
Kyle Curtis Hill

Chaela Christianson in memory of
Damon Christianson



Remembering Our Children On Their Birthdays - October

Child's Name	Birthday	Compassionate Friend
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
Everett Zenthoefer	Oct 12	JP & Amanda Zenthoefer
Nelia Rosemary Lang	Oct 13	Shannon & Cade Lang
David Scott Mueller	Oct 16	Sandy Eversole
Mandi Eads	Oct 17	Lucy Butcher
Margaret McKean	Oct 18	Lilo McKean
Jacob Sanchez	Oct 18	Janine McDonough, Denise Langhorst
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
Stephen James Benjamin	Oct 24	Kathy Benjamin
Dawn Michelle Wiley	Oct 24	Luanne Wiley
Matthew Alan Haywood	Oct 26	Roger Haywood
Christopher Clayton Hodson	Oct 27	Eric and Janice Hodson
Christopher Skaggs	Oct 28	Ernest & Tanya Skaggs
Thea Kimberlin	Oct 30	John Kimberlin
Christopher Russell Tyson	Oct 30	Cory Lynn Tyson



Remembering Our Children On Their Anniversaries - October

Child's Name	Age	Anniversary	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
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
Chris Keenan	22 years	Oct 11	Julieanna Bala
Everett Zenthoefner	1 day	Oct 12	JP & Amanda Zenthoefner
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	1 day	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
Chris Weisenborn	20 years	Oct 20	Gina Weisenborn
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



PIKES PEAK TCF CANDLELIGHT MEMORIAL SERVICE

Once again we request that you contact us to have your child's slide included in our memorial. Our library contains hundreds of pictures and slides, many of which the families of these children have moved out of the region or are no longer with us. For this reason we will only use slides from the past 15 years (2003) unless notified by you for your child's slide inclusion.

Slides from previous years may be used again this year or you may submit new photo for us to update your slide. 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.

DEADLINE FOR SUBMISSIONS IS SUNDAY, DEC. 2nd.

Worldwide Candle Lighting Sunday, December 9, 2018 @ 7pm

Local Time Around the Globe

It takes only you and one candle to join hearts with the world!



The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor and remember children who have died at any age from any cause. Candles are lit at 7 p.m. local time creating a 24-hour wave of light as it moves from time zone to time zone in honor of all the children whose memories we treasure in our hearts. The virtual wave of light of hundreds of thousands of persons commemorates and honors children in a way that transcends all ethnic, cultural, religious, and political boundaries.

On Sunday, December 9, 2018, hundreds of formal community candle lighting ceremonies will be held in parks, churches, and other public places by TCF chapters, allied organizations, and informal groups. Thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten. Visit The Compassionate Friends national website at www.compassionatefriends.org for location information about the Worldwide Candle Lighting and memorial services. A special remembrance book will be available the day of the candle lighting on the TCF national

website and all are welcome to post a message of remembrance. Thousands of messages are received and posted from every U.S. state, Washington D.C., every territory, as well as dozens of other countries.

We do this . . . that their light may always shine!



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. _____



October's Memories

TCF, Northfield, NJ
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.

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

All I Need to Know

I am beginning to know your children
From the things I've heard you tell,
From the pictures that you've brought here
I think I know them well
Our hurt and sorrow are immense
I'm not sure where to start.
Compassion after all is
Your pain in my heart.
My thanks to you for listening
To words wrung from my soul.
We are The Compassionate Friends
That's all I need to know.
Jack Brown, TCF Louisville, KY



THERE WERE NO STRANGERS

Alice Monroe, TCF, Mesa County, CO (August 2001)

There is a tenderness among bereaved parents. A gentleness far beyond “normal” interactions with people in everyday life. We speak softly to each other and silently acknowledge our mutual vulnerability and fragility. That doesn’t mean we might not hurt each other from time to time through a misunderstanding, but it seems to me, the hurt is never meant to be. We have hurt enough already.

Somehow, there is forgiveness among bereaved parents. Forgiveness that comes from knowing we are just struggling human beings trying to make the best of our lives that will have, forever, an empty hole.

There is a quiet beauty among bereaved parents. A beauty that comes out of the experience of being hit with such pain and love all mixed together that words completely fail us.

There is courage among bereaved parents. The courage to get up, get dressed, and face another day.

We look to each other for the tenderness, the forgiveness, the beauty, and the courage. How often we say, “I’m so glad to know you... but I wish we had not met like this.” And then we often add, “But, would I... could I... have ever felt so close if it wasn’t for the pain?” Strange, isn’t it, how there are hidden gifts in the middle of unspeakable agony?

The closeness of bereaved parents and siblings is universal. I just returned from the National TCF Conference in Washington, DC, where 1,500 people, from all over the world and every walk of life, attended. It didn’t take a name tag to identify each other. Formal introductions weren’t necessary. The question, “What do you do for a living?” never came up. The words most often spoken were, “Tell me about your child (or brother or sister).” There were no strangers. Even if you were not there... you were there. The invisible link ... is love

THE STORY OF THE CHINESE MOTHER

There is an old story from China of a woman whose son had died. She went to the Buddhist temple and begged the monk to bring her son back for her pain was just too unbearable and she could not go on with it. Rather than scoff or scold her for her request, the monk told her to go out and find one family who had not experienced a loss, and then he could stop her hurting.

So she set out to look for that family. The first place she decided to stop was at a very large castle on a hill. “Here,” she thought, “these people are so rich and wealthy, surely no loss or pain has ever come to them.” So she climbed to the castle and told her story to the servant who brought his mistress and master to talk to her. They told her such a sad story, and were in so much pain, that the woman thought, “I can help them! I’ve already been through this part of the pain.” So she stayed for awhile and helped this family. Soon, though, she resumed her search.

The next house, and then the next, and all those that followed, told her of such sad stories that at each one she stayed awhile to help them with their grief. Then one day she looked at herself, and she found that through helping so many others, her grief was not now so overwhelming and so painful. She still missed her son terribly, and still cried for him in the night, but she no longer was consumed in her own grief.

She found that by helping others, she had helped her own healing from this most painful loss. This is the idea of The Compassionate Friends and other support groups – to give support to those who are newly bereaved and lost in the fog, then as they grow, to reach out to help other who are hurting.

Together, we can make it through this journey down life’s most painful and darkest road.

Together, helping one another, we will survive.

Orange Coast Chapter of TCF



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.

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.

\$25 up to \$50 - A picture, if available, and dedication to be listed in the newsletter.

\$0 up to \$25 - A Love Gift acknowledgement. All 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



