

September, 2013



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Upcoming Events

September 19th - General Meeting - 7:00 p.m. - First Baptist Church

October 17th - General Meeting - 7:00 p.m. - First Baptist Church

Pikes Peak Chapter Steering Committee

Chapter Leader

Laraine Asaro-Boyd - Acting
Son, Michael Edward Anderson

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

TREASURER

FRANK SCHAGER
Daughter, Kira Ann Schager

NEWSLETTER EDITOR & EMAILINGS

STEWART LEVETT
Son, Aaron Paul Levett

SC MEMBER/FACILITATOR

BOB & YVETTE THOMPSON
Son, Ryan Barry Thompson

SC MEMBER

LEONIE CRAMER
Son, Julian Anthony King

SC MEMBER

CHAEA CHRISTIANSON
Son, Damon Christianson

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 September 19, 2013.

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.

TELEPHONE FRIENDS

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

CHAPTER LEADER - ACTING

LARAIN ASARO-BOYD
Mom of Michael E. Anderson

★ 351-7653

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON

★ 573-2743

SUICIDE

LARITA ARCHIBALD

596-2575

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT

★ 531-5488

LEUKEMIA

JANE & STEVE GABRIEL

★ 282-1924

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON

(303) 814-9478

★ Please feel free to contact any Steering Committee member if you are unable to reach our Chapter Leader.



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 (3) three 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., NOV. 30th, 2013
To see a short sample of our Candlelight Service, go to this YouTube link: <http://www.youtube.com/watch?v=8g4uTWPbGCI>



Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 8, 2013, 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. As candles are lit at 7 p.m. local time, creating a virtual wave of light, hundreds of thousands of persons commemorate and honor the memory of children in a way that transcends all ethnic, cultural, religious, and political boundaries.

Now believed to be the largest mass candle lighting on the globe, the Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. Hundreds of formal candle lighting events are held and 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.



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 8, 2013
7 PM Around the Globe**



We are quickly approaching December and with it our annual Worldwide Candle Lighting. The date this year is December 8th 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

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. _____



Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Paul Ketterson	Sep 5	Will & Betty Ketterson
Joanna Lyn Terry	Sep 8	Jack & Joyce Terry
Jackie Sanchez	Sep 9	Mary Sanchez
Anton "Andy" George Horn	Sep 10	Levi & Emma Horn
Sam Skaggs	Sep 11	Jennifer Skaggs
Nicholle Guy	Sep 11	Lezlee Guy
Kimberly Elizabeth Pratt	Sep 12	Pam Bilberry
Fermin A. Vialpando	Sep 12	Sundae F. Vialpando
Lindsey Everding	Sep 14	Trena Everding & Dave Kiefer
Philip Dix	Sep 14	Ann Dix
Michael Ornelas	Sep 17	Annette & Chris Ornelas
Wade Lehman	Sep 17	Lori Lehman
Melissa Sue Micke	Sep 17	Alice Micke
Peter Joseph Noel	Sep 17	Janet Noel Starritt
Naomi Katherine Schwartz	Sep 18	Tim & Sonoko Schwartz
Joseph Michael Chavez	Sep 20	Herman & Patty Chavez
Leah Rae Wiley	Sep 22	Russ & Kelly Wiley
Amy Mae Lugenbeel	Sep 22	Terry & Barb Lugenbeel
Matthew Dale Wilson	Sep 23	Raye & Rick Wilson
Seth Herzog	Sep 23	Nancy Saltzman
Derrick Shane Moore	Sep 28	Ray & Deanna Moore
Genevieve Ann "Ginger" Derby	Sep 28	David Derby
James Michael Burroughs	Sep 29	Arlene & Charles Burroughs
Chris Hatfield	Sep 30	Cathy Hatfield, Catherine Thompson
Andria Dawnielle Bear	Sep 30	Dona & Tanya Flores

WE HAVE A WEBSITE!

We now have a web presence which will allow newly bereaved parents to view information about our local chapter, our activities, donation options with much more planned for the future.

To visit our web page please load into your browser www.TCFPikesPeakChapter.org or hit the link as displayed here.

We hope that many won't need to find us but it is comforting to know we are there if they do.



Donna & Robert Pugh
in loving memory of their son

Michael Robert Pugh

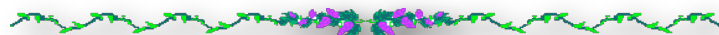
A dedication was made to the memory of Michael
last month but didn't make the August issue.

Our apologies - Ed.



Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Lance Alan Rigby	21 years	Sep 1	Deborah Rigby
Corey Reynolds	18 years	Sep 2	Barb Reynolds
Brody Richard Cisneros	7 months	Sep 3	Julie & Will Cisneros
Patrick Roger Pennington	17 years	Sep 4	Roger & Joan Pennington
Paul Ketterson	48 years	Sep 5	Will & Betty Ketterson
Matthew Medina	22 years	Sep 5	Vicki Schwindt
Lisa Elaine Berns	2 months	Sep 6	Robert (R.J.) & Lynn Berns
Samuel Christensen	17 years	Sep 6	Stacy Christensen
Genevieve Ann Derby	20 years	Sep 10	David Derby
Katie Kennedy	15 years	Sep 10	Van & Kathy Kennedy
Wyatt Travis Wilson	2 years	Sep 10	Elizabeth & Lance Wilson
Wayne Allen Garrett	17 years	Sep 12	Joyce and Greg Garrett
Ava Rose Wolfe	6 years	Sep 12	Kristy Wolfe
Desiree D'Gornaz	26 years	Sep 13	Louie & Edna D'Gornaz
Andria Dawnielle Bear	11 months	Sep 13	Dona & Tanya Flores
Eugene Harris, Jr.	23 years	Sep 15	Stacey Burciago, Gene Harris, Tonia Paguyo
Raul Garcia	19 years	Sep 17	Rena Gonzalez
Claire Palmer	21 years	Sep 17	Jo & Lawrence Palmer
Ryan Thompson	2 years	Sep 17	Yvette & Bob Thompson
Robert Beynon	28 years	Sep 18	Donna Beynon
Jeffrey Russell Schumaker	31 years	Sep 20	John & Vera Schumaker
Joanna Lyn Terry	18 years	Sep 20	Jack & Joyce Terry
Zachary Nathaniel James	17 years	Sep 21	Gloria & James Olsen
Paul Orcutt		Sep 22	Ann Blasingame
James Russell Kempa	15 years	Sep 22	Gayle Kempa
Clayton Neal Brehm	26 years	Sep 23	Ramona Atkinson
Adam Herzog	12 years	Sep 24	Nancy Saltzman
Seth Herzog	11 years	Sep 24	Nancy Saltzman
Jacob Hunter Smathers	9 years	Sep 24	Patty, Becky & Renee Smathers
Jamie Jackman	9 years	Sep 25	Sherry Jackman & Knelson Spooner
Margaret McKean	39 years	Sep 26	Lilo McKean
Brian Hartzell	33 years	Sep 27	Fawn Batista
Robyn Kulas	8 years	Sep 28	Patty Kulas
Rachael Samulenok	26 years	Sep 28	Megan Samulenok Gleason
John Doles	29 years	Sep 30	James & Susan Appleman





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
National - www.compassionatefriends.org

Online Support

The Compassionate Friends offers "virtual chapters" through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship.

The friendly atmosphere encourages conversation among friends; friends who understand the emotions you're experiencing. There are general bereavement sessions as well as more specific sessions. Please check the schedule for dates and times of the sessions.

Note: Times posted on the schedule are based upon Eastern Time.

www.compassionatefriends.org

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, Frank Schager 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 Frank Schager, 2235 McArthur Ave., Colorado Springs, CO 80909** ➡

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: Frank Schager – 2235 McArthur Ave – Colorado Springs, CO 80909

Contributor Name & Address: _____

Relationship: ☐ Son ☐ Daughter ☐ Grandson ☐ Granddaughter ☐ Friend ☐ Other

Photo Enclosed: ☐ Yes ☐ No

Photo To Be Returned: ☐ Yes ☐ No



THOUGHTFUL POEMS

Would you welcome me?

Would you welcome me?
My son died, such a tragedy
Would you welcome me?
For he was not alone, you see

My son aged just eighteen
Drove way to fast around an awful bend
He was in a hurry, like so many young lads
But my son died and so did his friends

My son full of life and joy
My love, my hope and my only boy
He drove too fast and ended his life
But another two boys died also and please
don't say that is life

I buried you my darling son
And two other mothers buried theirs
I miss you but feel such shame
You drove the car that ended their lives

You didn't mean it
This I know
It took just one minute, oh why didn't you go slow
One minute for all to change, I wish we could go
back again

Now I am left with a broken heart
Who do I grieve?
I don't know where to start
I miss you

I saw the headlines in our local paper
They said boy speeding and two friends died
My son, why did you not listen to me?
Slow down, take care, there is no rush, you have
all your life

You were young and thought yourself invincible
Now with two other families our hearts are broken
Tell me how I go on, tell me
I don't know how, Nothing has prepared me for

I am sorry, so sorry
But would you welcome me

*From a poem submitted to the Ireland Chapter of
The Compassionate Friends*

Oh Daddy

Oh Daddy please, just hang on-
I'll be here when you're done
Running through you're long race;
Oh Daddy, keep the pace.
Just know there'll be a day
Sadness will melt away.
Oh Daddy, it's so far
Just to keep up your guard,
You need to know it's real
To let go and just feel.
Oh Daddy know, I'll wait
For you and it's not too late-
The time will come for us
To be hand in hand 'cause
It's meant to be just so-
So sorry I had to go.
Oh Daddy, You need to
Go on even when blue.
Remember I'm still there
And learn life is not fair.
Oh Daddy, years are few
When we'll say I love you.

Ron Agee - Pikes Peak TCF

YOU'RE STILL HERE

At the finest level of my being,
You're still with me.
We still look at each other,
At that level beyond sight.
We talk and laugh with each other,
In a place beyond words.
We still touch each other,
On a level beyond touch.
We share time together in a place
Where time stands still.
We are still together,
On a level called Love.
But I cry alone for you,
In a place called reality.

By Richard Lepinsky

Boise, ID TCF

A DEATH HAS OCCURRED

Paul Iron - TCF Savannah, GA

*A death has occurred,
and everything is changed by this event.
We are painfully aware that life
can never be the same,
that yesterday is over,
that relationships once rich have ended.
But there is another way to look upon this truth.
If life went on the same without the presence
of the one who died,
we could only conclude that the life we here
remember
made no contribution,
filled no space,
meant nothing.
The fact that this person left behind a place
that cannot be filled
is a high tribute to this individual.
Life can be the same
after a trinket has been lost,
but never the same
after the loss
of a treasure.*





HEALING WORDS

Recognizing Unsuccessful Grief

All of us who have searched for healing following the death of a child, grandchild or sibling know the roller coaster of emotions that are part of our grief process. We know there is no "quick fix" that magically lets us get on with our lives, and grief can be physically exhausting. We cannot go back to what was! And time, in and of itself, does not heal.

Although there is no set schedule for grieving and there will always be a hole in our hearts, many of us in TCF have found that within a year to 18 months, we are beginning to make some progress—granted the progress may seem minute to the bereaved. Grief therapists have learned that if death is from prolonged or serious illness there is grieving during the illness. The second year of grief may be as intense or even more emotionally devastating than the first year. However, no two people have the same grief timetable. If we feel that we are not making progress, is there some way to determine whether or not we may need professional help or evaluation or at least reassurance? The following considerations may help you decide:

- Extended withdrawal from the world around you and prolonged inability to accomplish normal tasks or participate in everyday activities.
- Self-imposed isolation where you do not want to be around anyone—friends, family or others.
- Becoming too scared to be alone. You must have someone around all the time.
- Anger or guilt that (a) is out of proportion, (b) does not fit the circumstances, (c) extends for a long time without retreating, or (d) may be directed toward or imposed on others close to you.
- Depression that is exaggerated, unremitting, prolonged and occurs in original intensity years after the loss.
- Anxiety that interferes with going away from home.
- Dependence on alcohol or medications to cope or forget.
- An emotional "logjam" resulting from an accumulation of losses over the years.
- Contemplating or attempting suicide to "get away from it all" or to join your child.
- Self-caused illness or physical health problems that do not go away, or the inability to separate the real from the imagined. This kind of illness is different from the "ailments" that most of us experience during the anniversary of our loved one's death.
- Placing your child on a pedestal and forgetting his/her imperfections; or being unable to redirect your activities or to shift your focus, so that you can honor your child in a positive way.
- An absence of grief or a numbness, anxiety, sadness, or any kind of overall attitude that negatively affects others around you, including over-protective-ness of your loved ones.
- Converting all emotions into one or two favorite or "safe" emotions—like anger, boredom, or despair—which become all you are feeling, taking the place of grief.
- When talking does not seem to help or there is no one able to listen.

Libbyrose D. Clark
TCF, Deep East Texas
From information provided by
Vera Baron, LPC, and Ray Johnson, CSW

**Pikes Peak Chapter
The Compassionate Friends**



**The Compassionate Friends
Pikes Peak Chapter
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September, 2013

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