



THE COMPASSIONATE FRIENDS of the Pikes Peak Region

November, 2010 Newsletter

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Upcoming Events

November 18th - General Meeting - 7:00 p.m. - First Baptist Church
December 12th - World Wide Candle lighting Observance - 7:00 p.m. - First Baptist Church



Last month we failed to acknowledge the Love Gifts that were sent to us along with the loving tributes to the following children. We apologize for the omission of your Love Gift memorializing the anniversary of your child—
Editor

TELEPHONE FRIENDS

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

CHAPTER LEADER

LARAINÉ ANDERSON 351-7653

INFANT LOSS

COLLEEN & ART MANNON 535-9868

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON 573-2743

LEUKEMIA

JANE & STEVE GABRIEL 282-1924

TEEN / YOUNG ADULT LOSS

BARB REYNOLDS 599-0772

SUICIDE

LARITA ARCHIBALD 596-2575

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT 531-5488

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

Arlene & Charles Burroughs in memory of
Jeanne Burroughs Widmar

DOB: June 20th

Anniversary: July 18th

In Memory of Jeanne & Mike

James Michael Burroughs

DOB: September 29th

Anniversary: June 24th

In Memory of Mike & Jeanne

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 18th, 2010.

It is often difficult to attend your first meeting, but those who do find an atmosphere of support from other parents who understand a parent's grief. Nothing is asked of you; there are no fees; you do not have to speak a word if you do not care to. If you are more comfortable bringing a friend or relative along with you, please do. Many find these meetings help them to heal; and together we learn to live with our loss. We learn that ***we need not walk alone.***

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: National -

www.compassionatefriends.org

Colorado - www.tcfcolorado.org



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Remembering Our Children On Their Birthdays

<u>Child's Name</u>	<u>Date of Birth</u>		
<u>Age at Death</u>	<u>Date of Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Rebecca Ann Reynolds	Nov 1	Car accident	Ken and Barbara Reynolds
17 years	Oct 16		
Robert Howie	Nov 1	Blood infection	Annette Howie
13 days	Nov 12		
Kristen Clark	Nov 2	Drug overdose / depression	Donna Krum
31 years	Feb 2		
Patricia Elliott	Nov 4	Murdered	Connie and Dave Elliott
19 years	Apr 11		
Michael Keeney	Nov 6	Heart Attack	Charlotte Keeney
45 years	Nov 18		
Matthew Sperry	Nov 6	Bike / car accident	Harriet Sperry
34 years	Jun 5		
Kristie Diaz	Nov 7	Cancer	Julie Diaz
26 years	Apr 7		
Kenny Lanza	Nov 7	Auto accident	Chuck & April Lanza
27 years	May 25		
Vinnie Franz	Nov 8	Accidental drug overdose	Barb Franz
18 years	Jun 17		
Kimberly Ann Hayes	Nov 10	Amniotic Fluid Embolism	Patty and Patrick Hayes
22 years	Jun 30		
Judy Gambill	Nov 13	Car/Truck Crash	Andrea Gambill
17 years	Jan 12		
Colin Peter Baerman	Nov 14	Bi-polar illness	Paul & Kerry Baerman
32 years	Mar 28		
Eric Cowles	Nov 15	SIDS	Doug & Leah Cowles
3 months	Feb 17		
Shannon Diane McMahon	Nov 17	Vehicle accident	Robert & Jeanette McMahon
16 years	Jul 9		
Joshua W. Lewis Gohlke	Nov 19	Vehicular homicide (DUI)	Karen Swank
20 years	Jan 19		
Travis Grimmer	Nov 20	Cancer	Mary Lou Grimmer
29 years	Jul 23		
Richard "Richie" Petras	Nov 21	Car accident	Richard Petras
3 years	Apr 16		
Evan Carara	Nov 22	Car accident	Cindy & J.D. Carara
18 years	Jun 2		
Leah Ann Trutna	Nov 22	Motorcycle accident	Steve & Phyllis Trutna
21 years	May 28		



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Remembering Our Children On Their Birthdays

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Compassionate Friend</u>
Patrick Roger Pennington 17 years	Nov 24 Sep 4	Rock climbing accident	Roger & Joan Pennington
Savannah L. Burke 1 month	Nov 25 Jan 12	SIDS	Herman & April Burke
Danae Lynne Marie Mannon 3 months	Nov 26 Mar 18	Congenital pulmonary vein	Colleen and Art Mannon
Mark Van Matre 46 years	Nov 27 Jan 24	Cancer	Patricia Van Matre
Jalynn Cameron 5 months	Nov 28 Apr 19	SIDS	Jessica Cameron
Michael Christopher Rushmore 29 years	Nov 28 Oct 29	Suicide / mental illness	Bob & Carol Rushmore
Paul A. Behr 2 months	Nov 29 Feb 1	Congenital abnormalities	Cynthia & Steve Behr

Remembering Our Children On Their Anniversaries

<u>Child's Name</u> <u>Age at Death</u>	<u>Date of Birth</u> <u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Michael Williams Greist 12 years	Jul 28 Nov 1	Car/bike accident	Allan & Judy Greist
Justin William Winner 13 years	Jul 21 Nov 5	Gunshot wound	Dale & Rosanne Winner
Scott David Stiegelmeier 21 years	Jun 27 Nov 7	Cystic fibrosis	Betty Stiegelmeier
Dwayne Stoppel 45 years	Dec 3 Nov 8		Pearl Stoppel
Seth Fieser 9 months	Jan 17 Nov 8		Megan Fieser
Katie Steckiel 1 year	Jul 19 Nov 8	Croup	Wendy Steckiel
Emma Renee Younger 3 months	Aug 2 Nov 9	Heart complications	Adam & Mindy Younger
Robert Howie 13 days	Nov 1 Nov 12	Blood infection	Annette Howie
Mike Mozo 27 years	Apr 5 Nov 12	Auto accident	Valerie Kirchhofer
Steven Warren 23 years	Mar 6 Nov 17	Cancer	Linda & Mark Warren



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Remembering Our Children On Their Anniversaries

<u>Child's Name</u>	<u>Date of Birth</u>		
<u>Age at Death</u>	<u>Date of Death</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
Michael Keeney	Nov 6	Heart Attack	Charlotte Keeney
45 years	Nov 18		
Stephen Merle Schmoker	Feb 5	Brain tumor	Shirley & Ralph Greer
39 years	Nov 19		
Tyler Schmidt	Jun 6	Fentanyl Intoxication	Valerie & Jeff Schmidt
23 years	Nov 20		
Aaron Lee Gallob	Jan 27	Leukemia	Lou & Erma Gallob
28 years	Nov 21		
Susanna Jeanette Scruggs	Aug 21	Friedrich's Ataxia	Patricia Beard
23 years	Nov 22		
Tommy Kinslow	Apr 9	Murder	Pam Kinslow
20 years	Nov 22		
Joseph Michael Chavez	Sep 20	Pedestrian/motor vehicle accident	Herman & Patty Chavez
29 years	Nov 22		
Conri Lee Barber	Mar 13	Mitochondrial DNA depletion	Sean & Cherie Barber
8 months	Nov 23		
Kimberly Benson	Oct 22	Car accident	Debbie Diekman
16 years	Nov 24		
Wade Lehman	Sep 17	Auto accident	Lori Lehman
19 years	Nov 24		
Jonathan Ell-Duncan	May 20	Car accident	Dan & Becky Duncan
17 years	Nov 2		
Michael Ornelas	Sep 17	Complications waiting for transplant	Annette & Chris Ornelas
2 months	Nov 27		
Frankie Padilla	Jan 13	Murdered	Frances Lucero
18 years	Nov 27		
Konrad Ferrer	Dec 7	Car accident	Maria Hymes
16 years	Nov 27		
Adriano Bermudez	Jan 22	Car accident	C.J. LaPointe
19 years	Nov 29		
Sheldon Pasca	Aug 26	Stabbing	Norma Watkins
20 years	Nov 30		

Is This Your Child's Birthday Month?

If you would like to celebrate your child's birthday, bring pictures or favorite items that belonged to your child to our monthly meeting!

You may also bring a dessert or other food to celebrate... If you plan on doing this, please let Laraine know ahead of time so that we can allow enough time for the celebration.



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Love Gift Donations

Our chapter exists entirely through your donations which are tax deductible. Love Gifts enable us to continue our outreach to bereaved parents through our many chapter activities. 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.

These items must be received by the 10th of the month preceding the issue in which you would like them to appear. Love Gift donations should be sent directly to our treasurer, Frank Schager whose address is listed on the Love Gift Donation Form.



Tell us what you want. Is there something specific that you'd like to see? Perhaps more stories or articles on healing? Recommendations for books or poems written by other TCF members?

Do you have a poem or a prayer, story or picture that you would like to share? We also welcome your contributions to our newsletter whether original or something you may have read. If submitting something you've read or know is copyrighted material, you must obtain written permission from the author prior to us going to publication.

Please address any submissions to:

Stew Levett
160 El Dorado Lane
Colorado Springs, CO 80919

Or write to: Stewart@Archangelgifts.com

Submissions need to be received by the 10th of the month to be included in the following month's newsletter. Thank you.

LOVE GIFT DONATION

Your Name _____

Child's Name _____

Date of Birth _____

Anniversary Date _____

Dedication _____

Picture Enclosed: YES NO

Mail to:
Frank Schager
2235 McArthur Ave.
Colorado Springs, CO 80909

Angel Eyes: Giving Comfort, Providing Hope

Our group offers bereavement services for parents, families, friends and caregivers who have been affected by the sudden unexpected loss of an infant or toddler. This group offers you a comfortable place to heal and learn how to live with your loss. Nothing is asked of you; you do not have to speak if you choose not to.

People who have received bereavement services report that it is very helpful for them to have people to talk to who can understand the grief of losing an infant or young child. This group is a safe place where you can talk about both your grief and the precious memories you have of your child. Each month we will begin with a particular topic, talk about how you might be affected and have time for general sharing.

The group is led by an ANGEL EYES social worker whose mission is to help families and others cope with the sudden, unexpected death of an infant or toddler throughout the state by providing a range of bereavement services. For additional help and information: **Angel Eyes 1-888-285-7437**

Web site: www.angeleyes.org

Meetings are held the 3rd Monday of the Month

Location: Colorado Springs Penrose Library, 20 N. Cascade Ave
Time: 6:30 p.m. - 8:30 p.m.

There is no cost and parking is free at the meters after 6:00 p.m.



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TCF CANDLELIGHT MEMORIAL

Now is the time to be thinking about submitting your photos and dedications for our annual TCF Candlelight Memorial on December 12th.

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 and your dedication should be short 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.

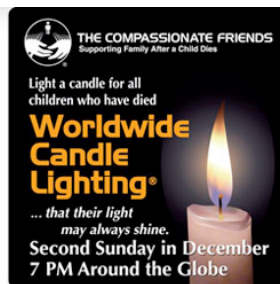
DEADLINE FOR SUBMISSIONS IS SATURDAY, DECEMBER 4th, 2010

Join us for
The Compassionate Friends
Worldwide Candle Lighting
December 12, 2010!

Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 12, 2010, 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.



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



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Unconditional Caring

By Kitty Reeve, TCF Mann/San Francisco, CA

My son Philip died in August of 1994, when he was 26 years old. He died by suicide, influenced by a genetic illness, bipolar mood disorder (Manic Depression). I well remember how I flinched inwardly when people began referring to Philip's having "committed suicide." It seemed to diminish my wonderful son, to make him into what he never was – a kind of criminal.

I wanted people to remember the beauty of his soul, yet what they focused on was the shocking way in which he died.

So it has been personally important to me to learn that TCF has made a change in the language it uses related to suicide. TCF now uses the terms "died of suicide" in all publications and presentations. The new, emotionally neutral language helps to lift the burden of stigma from all of us whose children or siblings died by suicide. It gives us strength and helps us heal.

If your child or sibling has died in one of society's less "acceptable" ways – by suicide, murder, alcoholism, from a drug overdose, AIDS, sexually transmitted diseases, or in prison, do know that TCF does not accept society's stigmas. There is no room for blame or condemnation when all our hearts are aching for the children we no longer have. We honor your child and your grief, no matter the cause of death.

Similarly, if you are a parent or sibling who may feel "other" in our oft judgmental society, please know that you will not be "other" in TCF. We welcome you with understanding and compassion, whatever your age, your race, your ethnicity, or lack of religion. We welcome you. And if you have endured the most terrible tragedy, if you have had more than one child or sibling die, or have lost all of your children or siblings, you are welcome.

The Storm of Grief

It comes like a huge thunderbolt—shocking and deafening you to all else around you. Suddenly the world that has been so bright is black and desolate. There seems to be no hope.

The tears come like torrential rains. The winds of reality come, and your body is torn by the pains and fears caused by the storm. Even when the tears stop for a while, the dark clouds loom over you, threatening you with more tears and more pain.

Most passersby can't help you through the storm because they have never been caught in one like it—and some don't seem to care. There are a few who will reach out their hand and try to pull you from the storm, but the storm must be endured. And then there are the special ones—the ones who are willing to walk with you through the storm. Usually these are people who have been there before and know the storm can be survived. After a time, the torrential rainstorm turns to showers and then the showers come less often. But the clouds don't go away. The sadness and pain remain, but they become more bearable.

Eventually, as the clouds begin to part, there may even be a rainbow—a sign of hope. And as the sun begins to shine a little more, flowers of memory will blossom to be enjoyed. I don't think the showers will ever end; but I believe as they get farther apart, the sky will get bluer, we will see more rainbows, and the flowers will bloom more and more.

Perhaps it's even good to have a shower now and then—to cleanse our souls and to revive those special flowers of memory.

Mary Jo Pierce, TCF, Tuscaloosa, AL



SOLACE

In the smallest hour of your day, when you are alone with things remembered, questions unanswered and unfinished dreams, then:

Give to yourself the gifts of your kindness, bring to yourself the comforts of forgiving, share with yourself, the mercy of your love.

- Sascha Wagner



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National Office
P.O. Box 3696
Oak Brook, IL 60522-3696

For Immediate Release

FROM: Wayne Loder
Public Awareness Coordinator
The Compassionate Friends
(Toll free) 866-964-4000
Pager (Toll free) 888-448-3414

Friends Can Help Bereaved Families at Holidays

When a child has died and the holidays have arrived, friends and relatives can be a lifeline to those who have to go through this normally festive time of year without their child.

“Friends and family need to understand that the holidays will be different this year for a grieving family,” says Patricia Loder, executive director of The Compassionate Friends. “How friends and families react can make a difference in how well the bereaved family is able to survive the holidays.”

The Compassionate Friends is a non-profit self-help bereavement organization with chapters in all 50 states, providing support for bereaved families following the death of a child.

“What we do at chapter meetings is a good starting point for those wishing to help bereaved parents and siblings...that is talk,” says Mrs. Loder. “Acknowledging this is a difficult time of year can open the conversation with a bereaved parent.

“Those of us who have lost children want to know that our child is not forgotten. Parents want to hear their child’s name spoken. Sharing memories or funny events involving the child who is no longer living can help the bereaved know their child is remembered.”

Friends can help in a number of other ways, suggests Mrs. Loder:

- 1) Do specific chores for the family, which might be left otherwise undone. Blow the snow from their driveway or offer to help in other specific ways, such as addressing holiday cards.
- 2) Offer to put up holiday decorations, outside or in. But if the family objects, don’t insist. The bereaved usually have trouble enjoying the festivity of a holiday when their child cannot be with them.
- 3) Shopping and facing the crowds, holiday music and general festivities is oftentimes impossible for the newly bereaved. A friend may offer to do the holiday shopping.
- 4) Don’t be afraid to cry with them. Your tears are a tribute to both the child and the parents and can be a healthy release.

“Above all, be there to listen and offer a sympathetic ear,” says Mrs. Loder. “Don’t stay away because you believe the family will want to be left alone. If they do, they will tell you. But most will appreciate that you cared enough to come.

“And don’t forget there is a reason why siblings are often termed ‘the forgotten mourners.’ They are hurt, confused, and often ignored. While they may not openly express themselves, this seldom means they are not feeling pain just like their parents.”

For more assistance, call The Compassionate Friends toll-free at 877-969-0010 or visit The Compassionate Friends national Web site at www.compassionatefriends.org.



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Seasoned Grief

By Eva Lager ~ TCF, Perth, Western Australia

There used to be a point to summing up a year just past not as a personal accomplishment but as a reflection. Leaving previous hurts behind was welcomed and the sensible thing to do. I thought I was getting wiser as I was getting older. With new years clean and full of possibilities, becoming another person seemed simple, another chance at getting it right, like a redemption, being forgiven for having blundered or been found wanting. But death changed everything, without permission. Resolutions, made sincerely and broken quickly, offended my need to hold on to the past, to rewind life, fast backwards, so I could capture what I had lost. Still, time went on, regardless of my pleas. And when exhaustion set in, as eventually it must, I understood there would be another future, not the one I thought I had the right to expect but one where I dared carry hope in my heart again.

THANKSGIVING PRAYER

I'm thankful this Thanksgiving
That my grief is not so new.
Last year it was so painful to
Think of losing you.
Death can't claim my love for you
Tho we are far apart,
Sweet memories will always be
Engraved upon my heart.
Time can never bring you back
But it can help me be
Thankful for the years of joy
You brought our family.
To all the parents with grief so new
I share your loss and sorrow
I pray you find with faith and time
The blessings of each tomorrow.
-Charlotte Irick
TCF Idaho Falls, ID

Holidays in Heaven

The Holiday Season is just not the same,
A smile is missing when saying one name.

For parents who've lost a daughter or son,
Nothing can bring back the delightful fun,
Of watching them talk, laugh, or just run.

The memories are all that we do have now,
We do go on.....only God knows how.

A New Year comes as midnight arrives,
Our Angels still a big part of our lives.

If only we could trade the presents we receive,
For one more day with those whom we grieve!

But nothing can bring back our beloved child,
The one that laughed, cried, and often smiled.

They are together in a much better place,
Watching us cry.....touching our face!

Although we miss them on Holidays to share,
Be assured their loving presence fills the air,
At home, in church, at New York's Times Square!

So celebrating the Holidays are now hard to do,
But always remember they are thinking of you too,

Wishing you happiness and showing their love,
Not on this Earth, but from Heaven above!

-Dan Bryl, Lawrenceville, GA TCF
In Memory of his daughter, Jessica



November 2010

The Compassionate Friends
Pikes Peak Chapter
P.O. Box 26239
Colorado Springs, CO 80936



The Compassionate Friends
of the
Pikes Peak Region