

August, 2012



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



Upcoming Events

August 16th - General Meeting - 7:00 p.m. - First Baptist Church
September 20th - General Meeting - 7:00 p.m. - First Baptist Church
October 18th - General Meeting - 7:00 p.m. - First Baptist Church

Pikes Peak Chapter Steering Committee

CHAPTER LEADER

Kimberly Argo
Son, Jonathan Charles Frazier

MAILINGS & DATABASE

JANE & STEVE GABRIEL
Son, Jonathan Steven Gabriel

TREASURER

FRANK SCHAGER
Daughter, Kira Ann Schager

NEWSLETTER EDITOR & EMAILINGS

STEWART & LETA LEVETT
Son, Aaron Paul Levett

SC MEMBER/PAST CHAPTER LEADER

Laraine Asaro-Boyd
Son, Michael Edward Anderson

SC MEMBER/FACILITATOR

BOB & YVETTE THOMPSON
Son, Ryan Barry Thompson

SC MEMBER/FACILITATOR

LEONIE CRAMER
Son, Julian Anthony King

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 August 16th, 2012.

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

KIMBERLY ARGO 217-0155

INFANT LOSS

COLLEEN & ART MANNON 535-9868

LEUKEMIA

JANE & STEVE GABRIEL 282-1924

SUICIDE

LARITA ARCHIBALD 596-2575

SKATEBOARD / AUTO ACCIDENT

RAYE WILSON (303) 814-9478

DRUG / ALCOHOL LOSS

STEWART & LETA LEVETT 531-5488

TODDLER / YOUNG CHILD LOSS

BOB & YVETTE THOMPSON 573-2743

TEEN / YOUNG ADULT LOSS

BARB REYNOLDS 599-0772

GENERAL GRIEF

LARAINÉ ASARO-BOYD 351-7653



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. 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?*

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

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

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



Tragedy

Tragedy. It's something that we as bereaved parents know all too well. Whether you have faced the loss of your loved one through illness, an accident or act of violence, we gather ourselves up and do what we have to do, bury our dead.

When we are caught off guard by the sudden, unexpected death of our loved one the loss seems to cut just a little bit deeper. Multiply that loss by 10 or 12 as we had this past month in the murders in an Aurora theatre and suddenly we have a nation in shock and worldwide attention. To try and measure the depth of our hurt and anger is not only frivolous but insulting.

Why is it that the nation didn't grieve for my child as they did for the victims in Aurora? Is not the tragedy of a child dying from illegally sold pharmaceuticals or the senseless death from a rare disease or a drunk driver as tragic as a Columbine or the Murrah Federal Building bombing in Oklahoma City? It is only due to the sheer volume.

Bereaved parents have one thing in common and that is we all hurt. And hurt isn't a strong enough adjective to describe the pain we feel. When I stub my toe, that hurts. When I lost Aaron, well, words can't describe. Yet my grief is no larger than yours and the pain you feel can not be compared to that felt by the millions of moms and dads throughout the world who also have also lost their child.

I remember a few years back when our chapter received guests from out of state. The husband and wife were really a mess. They shared that their son had been in prison for a crime he had committed and while incarcerated was stabbed to death by a fellow inmate. It didn't matter why he was there (it was never brought up), like you and me they were suffering the loss of the child they loved unconditionally.

That's one of the "nice" things about The Compassionate Friends. We understand and feel your grief and bare no shame or remorse in shedding tears of sorrow along with you. Your loss is our loss and for a couple of hours once a month you are embraced by non related family members who truly understand.

Our hearts go out to the parents and family members of the Aurora shooting but more importantly to every parent who has experienced their own tragedy of losing their child.

Stew Levett - Editor
TCF Pikes Peak Chapter





Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Eric Johnson	Aug 1	Gary Johnson
Eugene Harris, Jr.	Aug 2	Stacey Burciago, Tonia Paguyo, Gene Harris
Genevieve Sucharski	Aug 2	Mark and Karen Sucharski
Aaron Paul Levett	Aug 2	Stewart & Leta Levett
Veronika Olivia Baca	Aug 2	Sharon Baca
Emma Renee Younger	Aug 2	Adam & Mindy Younger
Nicholas Clare Cousineau	Aug 3	George & Chris Cousineau
Matthew John McCallister	Aug 4	Steve & Carol McCallister
James Russell Kempa	Aug 4	Russell & Gayle Kempa
Rebekah Cano Moore	Aug 6	Janis Cano
Graham Stingley	Aug 7	Mary Winter-Stingley
Jessica Stockwell	Aug 7	Mark & Sally Stockwell
Stella Elliott	Aug 8	Donna Elliott
Clayton Neal Brehm	Aug 10	Ramona Atkinson
Kimberly Denise Patterson	Aug 11	Sigrid Patterson
Lisa Marie O'Briant	Aug 11	Gary & Mary O'Briant
Michael Williams, Jr.	Aug 13	Carmen Randall
Ayla Amaya Sanchez	Aug 15	Jennifer Sanchez
Christopher Calegar	Aug 15	Kevin & Linda Calegar
Zack Orr	Aug 16	Dave & Sharon Orr
Gina Marie Geffre	Aug 16	Joann Jahraus
Jackson Ahrold	Aug 16	Gretchen, Doug & Tina Blenkarn
Suzanne Bethany Thomas	Aug 20	Arnie & Mary Thomas
Susanna Jeanette Scruggs	Aug 21	Patricia Beard
Raul Garcia	Aug 21	Rena Gonzalez
Mia Allyson Gardiner	Aug 22	Peri Gardiner
Abigail Ruth Smelser	Aug 23	Robin Myers
Lance Alan Rigby	Aug 25	Deborah Rigby
Patrick Casey Hildebrand	Aug 26	Dr. Jan and Judi Hildebrand
Sayge Frisco	Aug 26	Renai Frisco
Sheldon Pasca	Aug 26	Norma Watkins
Mary Hope Burton	Aug 27	Jim & Betty Burton
Andrew Paul Whiteman	Aug 27	Lyle Whiteman
Kevin Hardman	Aug 28	Dianne McLaughlin
Matthew Medina	Aug 29	Vicki Schwindt
Nolan Edward Stites	Aug 31	Richard & Marilyn Stites



Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	Compassionate Friend
Tyrone Elliott Bautista	19 years	Aug 1	Rosemary Devney
Bradly Garrard	18 years	Aug 1	Sally Garrard
Jason Bradford Pfeif	18 years	Aug 1	Chris and Brad Pfeif
Chelsey Ann Kear	15 years	Aug 5	Tami Kear
Kevin Hardman	21 years	Aug 6	Dianne McLaughlin
Keith Andrew Barrett	24 years	Aug 9	Ree Barrett
Cynthia Claypool Martin	39 years	Aug 9	Steve & Ann Claypool
Laura Dean	30 years	Aug 16	Barbara Dean
Andrew Paul Weaver	20 years	Aug 17	Valerie Lightbody
Nikolas Chunn	5 years	Aug 18	Monica Chunn
Derrick Shane Moore	11 years	Aug 20	Ray & Deanna Moore
Nathaniel Hughes	18 years	Aug 21	Jim Hughes
Scott Martinson	6 years	Aug 21	JoAnn Martinson
Clayton Champion	29 years	Aug 22	Jessie & Phyllis Roark
Jose N. Camacho	9 years	Aug 24	William & Veronica Camacho
Sayge Frisco	1 day	Aug 26	Renai Frisco
Kimberly Elizabeth Pratt	17 years	Aug 27	Pam Bilberry
Zach Joseph	24 years	Aug 28	Garry & Renee Joseph
Ian Matthew Anderson	18 years	Aug 29	Joann & David Butler
Nolan Edward Stites	19 years	Aug 29	Richard & Marilyn Stites

**There isn't a statute
of limitations on grieving.
It takes however long it takes
and nobody else
should give you a deadline.**

author unknown





THOUGHTFUL POEMS

For you as you miss all those who sit in heaven.
Our hearts long to see them one more time on this earth
but it is not to be.
Our arms long to hug them one more time on this earth
but it is not to be.
Our lips long to speak, "I love you" one more time
but it is not to be.
Our day will come & those left behind,
will have these same longings
but it is not to be.
Take comfort that we have a home prepared for us
and a host of loved ones awaiting us.
In due season, our time will come.
By Linda J. Atkins – Grand Island, NE
Lifted from the TCF Facebook page.

For a Little While

Bobbie Candler, TCF Southbend, IN

I long to hold you in my arms
again, even for just a little while.
And kiss your sweet little face
and touch your precious smile!
I can still see your precious
little smile, everywhere I go,
Especially in the faces
of other children. Oh!
How I miss you so.
You had such cute little ways,
you always made me smile.
I'm so glad I held and touched
you, even for a little while.
You're always on my mind, my
thoughts, and in my heart.
You took my breath away, I
know we will never part!
I will see you again one day,
when I leave this world behind.
What a joy it will be when
our hearts are intertwined!



She has the Power

This grief issue
Is a funny thing
It acts out of turn
And has no dates
Set for attacks.

She lies low
Like fog for awhile
Then slips up
Next to you
Before you
Notice

Almost three
Years for me
And she
Still owns a power
I can't understand.

Tell me I'm
Not alone with
Just her to
Keep me company

Scott Newport – Royal Oak, MI
Lifted from the TCF Facebook page.



HEALING WORDS

What Grief Is, What It Isn't

By Deb Kosmer

Grief doesn't wait for an invitation. It doesn't go away because you want it to. It always overstays its welcome. It isn't logical or easily explained. It doesn't respond to threats or bribes. It will not be avoided indefinitely. It will find a way to be noticed.

Grief is not linear, horizontal, or vertical. It is not predictable. It is not confined by time or space. It doesn't play favorites. It isn't just for women and sissies. Grief doesn't forget. It has an excellent memory. It cannot be gone around; only through.

Grief is never really "finished" or "over." Rather it takes breaks. It is not a single lesson to be learned, but rather a series of lessons. The outbursts and outpourings of grief seldom happen at convenient times.

Grief does not apologize. It knocks on everyone's door eventually.

It is not the plague and it is not contagious, though it may seem that way when others repeatedly avoid you. It can find you even when you are asleep or dreaming.

Grief will not leave you alone because you swear at it, although you might feel better for awhile if you do. You can no more reason your way out of grief than you can a paper bag. It will not be toyed with. It insists on being taken seriously.

Grief wants to completely take over your life. You can't allow that or you will become its victim. Grief respects those who honestly acknowledge its existence and who work with it rather than against it. For them grief allows itself to be reshaped into creative energy and makes room for hope to co-exist along side of it.

Deb Kosmer © 8-6-11, Hatley, WI debrakosmer@gmail.com

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Crying and Grief ~ Brenda Penepent

Whatever your cause for grief, your body has natural processes that help you to deal with your sorrow. The act of crying itself releases chemicals that calm the emotions. In my experience with my support group for bereaved parents, after a member tells their story and lets their tears fall; they feel this overwhelming sense of weight lifting off their hearts. As a bereaved parent, and through my involvement with grief and support groups, I have experienced both the intense sobbing and the emotional upheaval of watching another person cry. I know that after a bout of intense crying there is often a sense of relief. In expressing our pain we give permission to our hearts to heal. By expressing these emotions, they can be dealt with in ways that facilitate healing.

Emotions that are kept hidden often result in illness, anger, deeper hurt or unresolved grief. Grief lowers our immune system. Added to that, is the fact that many experiencing grief do not take proper care of their health. The lack of exercise, healthy diet and rest often take their toll in illness. Frequent infections, ulcers, headaches, irritable bowel syndrome, and other ailments may be caused indirectly by the stress of unspent or misdirected emotion.

When you need to cry, if you are unable to be private at home, try taking a walk to a park, a lake or river, or any place of quiet and peace. Let your feelings come to the surface. Think about what is troubling you and mentally examine the pain or fear. If you get upset and cry, there is no one there to disturb your peace. I have found writing a letter to be a good way to examine my feelings and allow unspent tears to come to the surface. You don't have to mail the letter; just the act of writing your sorrow down will facilitate healing.

You may also want to try the empty chair method of expressing your feelings. Sit facing an empty chair. Pretend you are talking to a person you trust, or in the case of a death, the deceased, tell them how you feel. Are you feeling angry, lost, lonely or afraid? This can be very healing for some.

If your grief has progressed to the point where you can not take care of yourself, you spend all day, every day crying, you lose your job, or are unable to function as before, you may want to consider counseling to help you move forward into a healing, healthy way of dealing with your loss.

In summary, crying is a normal part of grieving. It is beneficial to the body by releasing chemicals that assist in dispelling anxiety. Prolonged crying that interferes with activities of daily living or causes problems should be evaluated by a professional for possible help in coping with loss.

Brenda Penepent - Director,
Healing Hearts for Bereaved Parents, Arkansas Chapter.
"Grief Matters - Personal Edition", August 30, 2003, www.griefsupportservices.org
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