



# THE COMPASSIONATE FRIENDS of the Pikes Peak Region

January, 2011 Newsletter

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## Upcoming Events

January 20th - General Meeting - 7:00 p.m. - First Baptist Church  
February 17th - General Meeting - 7:00 p.m. - First Baptist Church

## TELEPHONE FRIENDS

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

<b>CHAPTER LEADER</b>		
LARAINÉ ANDERSON	351-7653	
<b>INFANT LOSS</b>		
COLLEEN & ART MANNON	535-9868	
<b>TODDLER / YOUNG CHILD LOSS</b>		
BOB & YVETTE THOMPSON	573-2743	
<b>LEUKEMIA</b>		
JANE & STEVE GABRIEL	282-1924	
<b>TEEN / YOUNG ADULT LOSS</b>		
BARB REYNOLDS	599-0772	
<b>SUICIDE</b>		
LARITA ARCHIBALD	596-2575	
<b>DRUG / ALCOHOL LOSS</b>		
STEWART & LETA LEVETT	531-5488	
<b>SKATEBOARD / AUTO ACCIDENT</b>		
RAYE WILSON	(303) 814-9478	

## 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 January 20th, 2011.

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*.

As difficult as it may seem, it is possible to have a

## 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: National -

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

Colorado - [www.tcfcolorado.org](http://www.tcfcolorado.org)





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## For the New Year... Some Thoughts on Rebuilt Engines

All of us who receive this newsletter have experienced something in common — the shattering of our human machinery upon impact with a son or daughter's death. Whatever helped us keep moving before, nothing works for us now. Our lives ground to a halt.

In the stillness of grief's long night, I felt despair over trying to repair something that would always lack a vital part. How could I ever rebuild the machinery of my life without that precious part? Any repair work would require my permission and participation. Looking at the tangled, damaged parts of myself, I questioned how to salvage any thing workable from the wreckage.

Eventually, blessedly, the desire to move again, to get back into life's traffic, got me doing something. At first it was tinkering, experimenting with the broken parts, imagining them whole again. Then I tried to learn by watching others who were rebuilding. It helped to read repair manuals, painfully written by people like me. The process was tedious and exhausting; there were setbacks, hidden costs, and false starts.

One surprising day my engine actually turned over — I moved a little. Before long, the motor sounded stronger. It almost seemed to hum, as I remembered it could. With persistence, I worked up to a decent speed, regained my sense of direction, and even began appreciating some sights along the way. I discovered that a rebuilt engine could carry me, despite the missing part.

Occasionally it sputters, misfires, or floods, being sensitive to road hazards other drivers don't see. Some hills always seem too steep; certain roads have too many memories. Sometimes the fog is too thick to drive through. When necessary, I slow down, make adjustments, or pull off the road temporarily.

I wanted to write about my experience out of gratitude. Each of us has our own long night of grief and

our own reawakening from it. The mystery of healing defies simple explanation. Do invisible hands help us in the healing process? I don't have an answer, just astonishment at the process which moved me from the tangled wreckage of myself to a sturdy rebuilt that appears whole, even though it isn't.

In closing, I lovingly acknowledge my daughter, Beth, who believed deeply in the possibility of rebuilding her own life.

**Joan Page — TCF, Miami, FL**

## To Young Adult Brothers and Sisters with Love

The young adult transition is often a time of rapid, wrenching changes and puzzling, complex emotional patterns. Then a sudden traumatic loss of a brother or sister may come, and this may make the load seem too heavy to carry.

Then, your once hopeful confidence and the joyous feeling that you are going places in life can sour with sadness, cynicism and bitterness. Yet your peers go blissfully on, unable to comprehend why you seem so different now...why you haven't gotten over it now. Your friends may drift off to more cheerful prospects in spite of your valiant efforts to keep pace.

Sometimes employers and professors grow impatient with our lapses of concentration and decreased vitality. You may trip over new fears you didn't even know existed.

Young adulthood is a time for happy social occasions but they aren't as carefree for you anymore. Contacts that used to be entertaining now seem trivial and empty. Maybe you no longer feel the high you once got from achieving something important to you. And maybe you do okay on the outside, but inside everything seems overshadowed by your burden of grief.

If any of the foregoing experiences seem to describe you, you don't need to cope alone.

Sharing the burden with another who understands your special sorrow is like finding an oasis in the desert. It revives the spirit so you face the next few steps with renewed strength.

**TCF Sibling, Portland, OR**

## 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. *Wouldn't you like to make a dedication to your child and help our chapter?***



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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>
Adam Roy Hodges 5 years	Jan 3 Jul 4	Car accident	JoAnn Ewing
Jamie Jackman 9 years	Jan 5 Sep 25	Croup	Sherry Jackman & Knelson Spooner
Nicole Megan Yagi 9 years	Jan 6 Jul 5	Car accident	Jackie & Dennis Yagi
Ronald Eugene Peterson 15 years	Jan 9 Apr 5	Motorecycle accident	Ron Peterson
Terry A. Shank 28 years	Jan 11 Mar 6	Drunk driver	Carol Vierling
Tyrone Binnebose 2 years	Jan 11 May 18	Chemo Infection	Natasha Binnebose
Frankie Padilla 18 years	Jan 13 Nov 27	Murdered	Frances Lucero
Seth Fieser 9 months	Jan 17 Nov 8		Megan Fieser
Brody Richard Cisneros 7 months	Jan 21 Sep 3	Suffocation	Julie & Will Cisneros
Mallory Paulene Hendrickson 1 year	Jan 22 May 30	Car accident	Celine & Gary Hendrickson
Adriano Bermudez 19 years	Jan 22 Nov 29	Car accident	C.J. LaPointe
Eric Evans 26 years	Jan 23 May 21		Linda & Dick Evans
Corey Reynolds 18 years	Jan 23 Sep 2	Bicycle / vehicle accident	Barb Reynolds
Jody Elizabeth Houtz 17 years	Jan 23 Mar 18	Heart attack	Jane and Chris Houtz
Sarah Sunshine Wedekind 30 years	Jan 25 Apr 16	Accidental drug overdose	Lorry Pearson
Stephen Lucas Tyler 19 years	Jan 25 Jun 28	Car accident	Catherine Tyler
Kevin Michael Burns 16 years	Jan 27 Mar 3	Auto accident	Stan & Willie Burns
Aaron Lee Gallob 28 years	Jan 27 Nov 21	Leukemia	Lou & Erma Gallob
Sean O'Connor 20 years	Jan 28 Jun 5	Auto accident	Dennis & Tracy O'Connor



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## Remembering Our Children On Their Anniversaries

<u>Child's Name</u>	<u>Date of Birth</u>	<u>Cause of Death</u>	<u>Parent / Friend</u>
<u>Age at Death</u>	<u>Date of Death</u>		
Patrick Clabeau	Jun 23	Car accident	Vince & Lori Clabeau
20 years	Jan 4		
Susan Gordon	May 3		Mr & Mrs Arthur Gordon
17 years	Jan 4		
Paul Anthony Fischer	Dec 14	Auto Accident	Stephanie Newcomb
32 years	Jan 6		
Michelle Howie	Jul 31	Several illnesses	Annette Howie
32 years	Jan 12		
Judy Gambill	Nov 13	Auto/Truck Crash	Andrea Gambill
17 years	Jan 12		
Savannah L. Burke	Nov 25	SIDS	Herman & April Burke
1 month	Jan 12		
Fred Chavez	Feb 27	Suicide	Annette Atchison
32 years	Jan 14		
Ja-Mickeal James Lane	Apr 23	Asthma attack	Lara & Kenneth Lane
5 years	Jan 18		
Sara M. Losasso	Apr 30	Auto Accident	Cindy Losasso
14 years	Jan 19		
Joshua W. Lewis Gohlke	Nov 19	Vehicular homicide (DUI)	Karen Swank
20 years	Jan 19		
Jim Eley	Jun 19	Flu symptoms	Judy Eley
43 years	Jan 19		
Jacob Sanchez	Oct 18	SIDS	Janine McDonough & Denise Langhorst
3 months	Jan 22		
Mark Van Matre	Nov 27	Cancer	Patricia Van Matre
46 years	Jan 24		
Megan Lane	Dec 28	Auto accident	Sandra Gail Lane
18 years	Jan 27		
Gregory Randall Davis	May 9	Auto accident	Cora Davis
18 years	Jan 29		
Amy Mae Lugenbeel	Sep 22	Seizure disorder	Terry & Barb Lugenbeel
2 years	Jan 31		

### 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 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

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](mailto: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.

## *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](http://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.

## **What Did Your Child Leave You?**

I recently attended a workshop called "Living with Loss." One exercise was to write an 'ethical will' that is an accounting of the intangibles a loved one has left behind. I'd like to share what I believe my infant son left me. He proved to me that a life truly is fragile, and I will handle it now more carefully.

My children yet to come will benefit from my having had, and lost, Michael. He taught me that not all problems in life are monumental, and that I must remember to put things in perspective. He allowed me to reassess my spiritual beliefs. I need to do this from time to time in my life, and that is all right because there is a loving, caring God and he is with me no matter what.

He showed me that each individual, in some way, leaves a mark in this world, or moves someone, regardless of how long his life is, or how short. He gave me a reason and a need to help other people. He reminded me to show and tell the people I love how I feel about them as often and as openly as I can.

*Linda Worth, TCF Bremerton, WA*



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## New Year's Resolutions For Bereaved Parents

I resolve...

That I will grieve as much, and for as long, as I feel like grieving, and that I will not let others put a time table on my grief.

That I will grieve in whatever way I feel like grieving, and I will ignore those who try to tell me what I should or should not be feeling and how I should or should not be behaving.

That I will cry whenever and wherever I feel like crying, and that I will not hold back my tears just because someone else feels I should be "brave" or "getting better" or "healing by now."

That I will talk about my child as often as I want to, and that I will not let others turn me off just because they can't deal with their own feelings.

That I will not expect family and friends to know how I feel, understanding that one who has not lost a child cannot possibly know how it feels.

That I will not blame myself for my child's death, and that I will constantly remind myself that I did the best job of parenting I could possibly have done. But when feelings of guilt are overwhelming, I will remind myself that this is a normal part of the grief process and it, too, will pass.

That I will not be afraid or ashamed to seek professional help if I feel it is necessary.

That I will commune with my child at least once a day in whatever way feels comfortable and natural to me, and that I won't feel compelled to explain this communion to others or to justify or even discuss it with them.

That I will try to eat, sleep, and exercise every day in order to give my body the strength it will need to help me cope with my grief.

To know that I am not losing my mind, and I will remind myself that loss of memory, feelings of disorientation, lack of energy, and a sense of vulnerability are all normal parts of the grief process

To know that I will heal, even though it may take a long time.

To let myself heal and not to feel guilty about feeling better.

To remind myself that the grief process is circuitous - that is, I will not make steady upward progress. And when I find myself slipping back into the old moods of despair and depression, I will tell myself that 'slipping backward' is also a normal part of the grief process and these moods, too, will pass.

To try to be happy about something for some part of every day, knowing that at first, I may have to force myself to think cheerful thoughts, so eventually they may become a habit.

That I will reach out at times, and try to help someone else, knowing that helping others will help me to get over my depression.

That even though my child is dead, I will opt for life, knowing that is what my child would want me to do.

**Nancy A. Mower, TCF - Honolulu, HI**



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## New Year's Wishes for Bereaved Parents

To the newly bereaved: We wish you patience - patience with yourselves in the painful weeks, months, even years ahead.

To the bereaved sibling: We wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

To those who are single parents: We wish you the inner resources we know you will need to cope, often alone with your loss.

To those experiencing marital difficulties after the death of your child: We wish you a special willingness and ability to communicate with each other.

To those who have suffered the death of more than one child: We wish you the endurance you will need to fight your way back to a meaningful life once again.

To those of you who have experienced the death of an only child or of all your children: We offer you our eternal gratitude for serving as such an inspiration to the rest of us.

To those of you who are plagued with guilt: We wish you the reassurances that you did the very best you could under the circumstances, and that your child knew that.

To those of you who are deeply depressed: We wish you the first steps out of the "Valley of the Shadow".

To all fathers and those of you unable to cry: We wish you healing tears and the ability to express your grief.

To those of you who are exhausted from grieving: We wish you the strength to face just one more hour, just one more day.

To all others with special needs that we have not mentioned: We wish you the understanding you need and the assurance that you are loved.

**Former TCF President, Joe Rousseau.**

## A Love Song

*The mention of my child's name*

*May bring tears to my eyes,*

*But it never fails to bring*

*Music to my ears.*

*If you are really my friend,*

*Please, don't keep me*

*From hearing the beautiful music.*

*It soothes my broken heart*

*And fills my soul with love.*

**Nancy Williams TCF- NJ**

## For the New Year...

May the New Year bring healing.

May the New Year bring peace,

The warmth of cheerful memories,

And from pain, sweet release.

The light of your child's smile

May it guide you on your way,

With strength and consolation

Throughout the year, each day.

Wherever you may travel

On this lonely road of grief,

May you find the way grow easier,

May the times of sorrow be brief.

Your child's life continues

In the life you choose to live.

In your hands and heart, your child's love -

To yourself and others, give.

**In loving memory of my son, Tim Jones Payson, AZ TCF**

## The New Year

The New Year comes

When all the world is ready

For changes, resolutions -

Great beginnings.

For us, to whom

That stroke of midnight means

A missing child remembered,

For us, the New Year comes

More like another darkness.

But let us not forget

That this may be the year

When love and hope and courage

Find each other somewhere

In the darkness

To lift their voice and speak:

Let there be light.

**Sascha Wagner**

**TCF-Aurora, Colorado**

January 2011

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



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of the  
Pikes Peak Region