

October, 2012



THE COMPASSIONATE FRIENDS

PIKES PEAK CHAPTER
Supporting Family After a Child Dies



Upcoming Events

October 18th - General Meeting - 7:00 p.m. - First Baptist Church
November 15th - General Meeting - 7:00 p.m. - First Baptist Church
December 9th - Candlelight Memorial - 7:00 p.m. - First Baptist Church

Pikes Peak Chapter Steering Committee Is Currently Acting On Behalf As Chapter Leader

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 October 18th, 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 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

BOB & YVETTE THOMPSON 573-2743

TEEN / YOUNG ADULT LOSS

BARB REYNOLDS 599-0772

GENERAL GRIEF

LARAIN ASARO-BOYD 351-7653



Worldwide Candle Lighting

Held annually the second Sunday in December, this year December 9, 2012, 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.

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 FRI., NOVEMBER 30th, 2012



To see a short YouTube Clip of last years Candlelight, go to this link:<http://www.youtube.com/watch?v=8g4uTWPbGCI>

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 9, 2012
7 PM Around the Globe**

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. _____

Submissions for this years Memorial Slide Show may be sent to Stewart Levett at stewart@archangelgifts.com
Upon completion of the slide I will send back a copy for your approval.



Remembering Our Children On Their Birthdays

Child's Name	Date of Birth	Compassionate Friend
Jim Agnew	Oct 4	Tom 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
Isaac Sartain	Oct 10	Gregory Sartain
Tucker Ray Graef	Oct 10	Kathy Graef
Anthony Lopez	Oct 14	Paul & Trudy Lopez
David Scott Mueller	Oct 16	Sandy Eversole
Margaret McKean	Oct 18	Lilo McKean
Brian Hartzell	Oct 18	Fawn Batista
Jacob Sanchez	Oct 18	Janine McDonough/Denise Langhorst
Richard Joseph Armstrong	Oct 19	Chuck & Helen Armstrong
Michael Edward Anderson	Oct 20	Laraine Asaro-Boyd
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
Dawn Michelle Wiley	Oct 24	Luanne Wiley
Brian Jensen	Oct 26	Deborah Jensen
Christopher Clayton Hodson	Oct 27	Eric and Janice Hodson
Christopher Skaggs	Oct 28	Ernest & Tanya Skaggs Carl, Annette & Felicia Cordova

October

The month of October brings with it a smorgasbord for the senses. We can hear the crunching and crackling of the leaves under our feet. We can see the brilliant reds; oranges and yellows splash the earth. We can feel the magical approach of winter in the air. October is also the month for Halloween, a date synonymous with masks. As bereaved parents we have, at various times, worn many and varied masks. We have masked our feelings of despair, sorrow and anguish for the sake of our loved ones, friends and co-workers. We have masked our feelings of anger and bitterness for the traditional belief that a kind God would not do this to innocence. Most importantly, we have masked the person we are becoming, the person living through the death of our child. Let us celebrate the month of October by beginning to take off some of our masks. A very positive and helpful way to begin this process is to attend the next Compassionate Friends meeting. Share your sorrow, your fears, your bitterness and disappointment. Above all, share your progress and triumphs through the journey of grief. When you enter a room full of caring and supportive people who have shared your grief, there is no reason to wear your mask.

Lifted from The Compassionate Friends of Greenville, South Carolina



Remembering Our Children On Their Anniversaries

Child's Name	Age	Date of Death	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
Angel Leah Kelley	5 months	Oct 4	James L. Kelley
Chris Hatfield	28 years	Oct 6	Cathy Hatfield / Catherine Thompson
Fermin A. Vialpando	17 years	Oct 6	Sundae F. Vialpando
Sheri Cavin	21 years	Oct 9	Susan & Alan Cavin
Jessica Stockwell	24 years	Oct 12	Mark & Sally Stockwell
Cody Austin Wilson	5 years	Oct 13	Elizabeth & Lance Wilson
Rebecca Ann Reynolds	17 years	Oct 16	Ken and Barbara Reynolds
Melissa Sue Micke	19 years	Oct 17	Alice Micke
Aaron Paul Levett	26 years	Oct 18	Stewart & Leta Levett
Carlos Martinez	20 years	Oct 21	Marilyn Martinez / Vicki Struckle
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
Steven Ellis Erickson	19 years	Oct 28	Jaque Baldwin
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

FALLING FOR YOU...

....while leaves fall, the river drifts by and friends sit, speaking of loved ones lost to suicide. Like the river, conversation drifts. Some smile at memories shared. Others cry tears of regret, anger, guilt, despair; tears for what could have been, but is no more. Through the years, this group of friends has learned that words fall short of describing sorrow. And so we sit silently, watching the....

....falling leaves....falling tears....falling for you....until the time comes to fall in line and drift toward a table adorned with recently fired clay shapes. At an earlier gathering, I molded soft gray clay then impressed it with words and symbols of your life. Although I don't speak of it, I know that yours is not the only life interrupted. My life is also damaged, diminished, in danger of falling apart in oh so many ways. This small group shares space with those we miss and love, both living and dead; in this, my child's birth and death season. How I long to see you float free with the....falling leaves....falling tears....falling for you....and I long to connect again with you but my plea falls on deaf ears. I'm left with the task of creating your wind chime. A year ago, on your birthday, leaves fell as I stamped the soft clay heart with musical notes, falling stars, hovering doves and the words "treasured memories."

Now the clay has cured and along the holes in the edge of the stamped heart, I tie other clay shapes with lengths of string – my heartstrings. I add an anchor, a porcelain leaf inscribed with the words "falling in love." The pieces fall in place like....
...falling leaves....falling tears....falling for you....and then I playfully brush my fingers through your wind chime; fingers that long to run through your hair. The chime whispers your name but its music can never fill my heart like the sound of your voice.
Fall – a time for friends to make wind chimes and memories. A time for....falling leaves....falling tears....falling eternally for you.

Carol Clum

TCF Medford, Oregon



THOUGHTFUL POEMS

Halloween

It is here, this day of merriment
and children's pleasure.
Gremlins and goblins
and ghosties at the door
of your house.
And the other children
come to the door of your mind.
Faces out of the past,
small ghosts with sweet, painted faces.
They do not shout.
Those children
who no longer march laughing
on cold Halloween night,
they stand at the door of your mind—
and you will let them in,
so that you can give them
the small gifts of Halloween—
a smile and a tear.
Sascha Wagner
©The Compassionate Friends
WINTERSUN



Autumn

In the fall
When amber leaves are shed,
Softly—silently
Like tears that wait to flow,
I watch and grieve.
My heart beats sadly in the fall;
'Tis then I miss you most of all.
Lily de Lauder
TCF Van Nuys, CA

THE FALL OF FALL

What is it about the season
That takes me back in time
Everything I do,
I find you are on my mind.
Haunting dreams find me
At night when I try to sleep
And every little detail is replayed,
and the sadness falls so deep.
Something about the close of
summer
Seems to bring it back
Making it so hard to move
onward and stay on track.
Something about the dying and
fading of the trees
Brings my heart to sorrow, with
the falling of the leaves.
How I long to stop it, to keep the
fall away
But time marches on, and
summer just won't stay.
I know with the fall, winter's not
far behind
Another lonely season, and the
memories flood my mind.
I cry my tears of sorrow, and pray
for spring to come
A rebirth of the earth, and the
warmness of the sun.
It makes the memories softer and
gentler to recall
But now my life is saddened with
the nearing of fall.
~Sheila Simmons
In memory of her son, Steven
TCF Atlanta Online Sharing



I'm Beginning

I'm beginning to know your children
From the things I 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

Falling Leaves

The autumn leaves are falling all around me. The colors of the leaves are beautiful gold, red and yellow but my life is void of color in the fall. I am saddened and I remember that day in October when you fell down from life and the color left my life.

Inside my heart I'm fighting this time of the year—the fall. For with the fall comes many sad memories of you. In November, your body was placed in the ground. In my heart I want to think about spring and rebirth and new life but in the fall I cannot.

In November, Thanksgiving comes without you and then the barren cold winter comes. Now no leaves are falling down for they have already reached the cold ground. Then comes Christmas without you and then comes your birthday in December but you are not here.

I think about the cold, snowy winter day that you were born and I remember the warmth of summer in my heart as I held you close, my son.

I know that my heart will feel the warmth of summer again. Someday I will go to the eternal spring of heaven with you, my son. The leaves will never have to fall again.

Beverly Elero, TCF Leesburg, VA

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**THE
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Like the Emptiness in Our Hearts
After Losing You.



HEALING WORDS

Halloween Memories

Most children enjoy Halloween, the costumes, the candy, the parties, trick or treat, the decorations and so much more. My son looked forward to Halloween with great anticipation. Until he reached the fourth grade, Todd was happy to pick out a costume at the discount store—usually the current movie or television monster.

He came home from school in fourth grade and told me that there was going to be a costume contest and he really wanted to have a unique costume. I asked him what he wanted to be, and I will never forget his response: "I want to be a vampire, Mom. A really cool vampire." So, I talked to a friend of mine who was into stage production, and we went to her house the night before the contest.

She had a vampire cape, a vampire body suit, a vampire collar and great makeup. Todd loved it. My friend stopped at the house early the next morning and applied the makeup and did the finishing touches on Todd's costume. He looked just like the vampires in the movies. He was so pleased. He really wanted to win first place in his class. I dropped him at school and told him to have a wonderful time. He was elated.

As the day progressed, I wondered how he was doing. He had never wanted to win a prize before; what if he didn't get first place in his class? I worried about him, knowing that his feelings were easily hurt by cruel children and sometimes by cruel teachers.

He called me at 3:30 to let me know he was home. I could hear excitement in his voice, and I asked him how he did. "Mom, you won't believe this," he said in a serious, low toned voice. "What happened?"

I asked, now wondering about the day's events. "I won first place, Mom. First place in the whole school. I can't wait for Halloween. Wait till Grandpa sees me. He won't even recognize me. I even got a certificate for first place—I'm putting it up in my room." I was so happy that tears welled in my eyes. My son had tried his best, and he had won. He had put himself out there and he wasn't disappointed, disillusioned or discouraged.

That was the first of many accomplishments in my son's life. He went on to win in track in high school, restore a 1965 GTO from the ground up and receive numerous trophies and awards. He attained his BS and MBA and was successful and respected in business. He was a great father to his children, and his love for them was very deep. He never hesitated to tell them he loved them and how proud he was of them.

He was a wonderful parent. He was always an amazing son. His death left a scar on my soul and a hole in my heart.

But his first success is forever in my mind. The little certificate which he brought home and hung on his bedroom wall is a treasure of his wonderful childhood.

Halloween is still a happy holiday, and it is one of the few which I enjoy. I thank my son for that and for all the joy he gave me in his short 35 years of life.

Annette Mennen Baldwin
In memory of my son, Todd Mennen
TCF, Katy, TX



To All Bereaved Parents

I am a recovering bereaved parent. I was a parent by choice. One of my children died; I became a bereaved parent, certainly not by choice. As I tried to recapture the security of what was, after many agonizing months, I would always hurt and miss my dead son, and that, ultimately, only I could be responsible for recovering this hateful disease called grief.

I had to make the choice of being a bereaved parent or a recovering bereaved parent. I chose the latter. I sometimes fall off the wagon,

and I know that I always will. The love of my child will never leave me, but thank God for being a recovering bereaved parent. It does take time, however, so don't give up on yourself. It may take more or less time for some others. Be patient.

Eunice Guy, TCF, Atlanta, GA



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

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



A Bereaved Parent's Wish List

1. I wish my child hadn't died. I wish I had him back.
2. I wish you wouldn't be afraid to speak my child's name. My child lived and was very important to me. I need to hear that he was important to you also.
3. If I cry and get emotional when you talk about my child I wish you knew that it isn't because you have hurt me. My child's death is the cause of my tears. You have talked about my child, and you have allowed me to share my grief. I thank you for both.
4. I wish you wouldn't "kill" my child again by removing his pictures, artwork, or other remembrances from your home.
5. Being a bereaved parent is not contagious, so I wish you wouldn't shy away from me. I need you now more than ever.
6. I need diversions, so I do want to hear about you; but I also want you to hear about me. I might be sad and I might cry, but I wish you would let me talk about my child, my favorite topic of the day.
7. I know that you think of and pray for me often. I also know that my child's death pains you, too. I wish you would let me know those things through a phone call, a card or note, or a real big hug.
8. I wish you wouldn't expect my grief to be over in six months. These first months are traumatic for me, but I wish you could understand that my grief will never be over. I will suffer the death of my child until the day I die.
9. I am working very hard in my recovery, but I wish you could understand that I will never fully recover. I will always miss my child, and I will always grieve that he is dead.
10. I wish you wouldn't expect me "not to think about it" or to "be happy." Neither will happen for a very long time, so don't frustrate yourself.
11. I don't want to have a "pity party," but I do wish you would let me grieve. I must hurt before I can heal.
12. I wish you understood how my life has shattered. I know it is miserable for you to be around me when I'm feeling miserable. Please be as patient with me as I am with you.
13. When I say, "I'm doing okay," I wish you could understand that I don't "feel" okay and that I struggle daily.
14. I wish you knew that all of the grief reactions I'm having are very normal. Depression, anger, hopelessness and overwhelming sadness are all to be expected. So please excuse me when I'm quiet and withdrawn or irritable and cranky.
15. Your advice to "take one day at a time" is excellent advice. However, a day is too much and too fast for me right now. I wish you could understand that I'm doing good to handle an hour at a time.
16. Please excuse me if I seem rude, certainly not my intent. Sometimes the world around me goes too fast and I need to get off. When I walk away, I wish you would let me find a quiet place to spend time alone.

October, 2012

The Compassionate Friends
Pikes Peak Chapter
PO Box 51345
Colorado Springs, CO 80949-1345



**Pikes Peak Chapter
The Compassionate Friends**