



For the families and friends of those who have died by violence

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

AUG – SEPT 2015

National Day of Remembrance For Murder Victims

In 2007, Congress designated Sept. 25 as the National Day of Remembrance for Murder Victims. Robert and Charlotte Hullinger, of Cincinnati, formed Parents of Murdered Children following the 1978 murder of their 19-year-old daughter, Lisa, while she was studying in Germany. The annual day of observance is on the date Lisa was murdered.

The annual National Day of Remembrance for Murder Victims gives us all the opportunity to remember those lost to homicide, and honor their memories. The purpose of this event is to focus on the impact of murder on families, and communities, and ways to support and serve survivors.

Families of murder victims are encouraged to bring a picture of their loved one to display. A representative from each family may present the name of their loved one, date of birth, and date of death and the age of their loved one at the microphone.

This year's event will be held on Friday, September 25th from 11:00 am to 1:00 pm

It will be in the Atrium of the Wellington Webb Building.

201 West Colfax, Denver

Note from Phil

In our meetings over the years, we've talked about the things that people say to us that is hurtful, the misunderstandings, the misconception about grief. One example is "It's been a year, you should be over this". The truth is, there is no one way to grieve, no time line that you can follow and the stages of grief are not linear. You may jump around from one stage to another and back again.

The article for this issue of the newsletter is called "5 Lies you were told about grief", starting on page 3. I found that it covers a lot of issues that many of us face and speaks plainly about grief. I hope you find it helpful.

I would also like to hear some feedback from you. Are the articles that we've been printing in the past few newsletters helpful? Do you want to see more of these types of articles? Please send me an email with your opinion and/or suggestions for the type of articles you would like to read.

Email—POMCColorado@gmail.com

Upcoming VOICE Meeting

The next VOICE meeting will be held on Monday
October 19th. 6pm—8pm
District 3 Denver Police Station
1625 S University Blvd. Denver, CO
Topic: TBD



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

WHY WE ARE HERE

1. To support persons who survive the violent death of someone close, as they seek to recover.
2. To provide contact with similarly bereaved persons and establish self help groups that meet regularly.
3. To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
4. To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.
5. To increase society's awareness of these problems.

POMC NEWSLETTER STAFF AND INFORMATION

This newsletter is published bimonthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC. Articles, poems, and letters from members are welcome. They may be edited for length and conciseness. Mail such items to the editors:

Cherri and Bill Lusk
22185 E Dry Creek Pl,
Aurora. CO 80016
ca.lusk@comcast.net

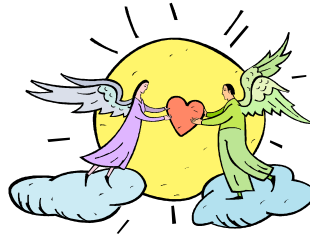
Memorials & Birthdays:
Cherri Lusk, 303 593-0784

Roster & Mailing List:
Robert Curnow, 303 948-3494

Healing & Bereavement Resources:
Nancy Rasser, 303-798-2841

Trials and Hearings:
Phil Clark, 303 748-6395
Joe Cannata, 303 345-7301

Love Gifts



Our Chapter Thanks the following group of members who gave a donation in honor of their loved one.

No love gifts this period

New Members

FRONT RANGE CHAPTER INFORMATION AND NUMBERS
"We Are Here to Help"

Web Site
www.colorado-pomc.org

Leader**Phil Clark**
303-748-6395
POMCColorado@gmail.com

Secretary.....**Kaye Cannata**
720-366-4165

Treasurer**Bernadette Alness**
720-448-9555
BA77077@gmail.com

Board Members.....**Joe Cannata**
303-345-7301
kaknota@aol.com

Bill Lusk
303-593-0784
ca.lusk@comcast.net

Nancy Rasser
303-798-2841
nancyrasser@comcast.net

Other Contacts.....**Everett & Linda Donelson**
720-508-4268

Caryl & Charles Harvey
970-854-2665

POMC NATIONAL OFFICE
4960 Ridge Ave., Suite 2
Cincinnati, Ohio 45209

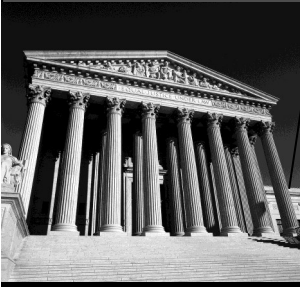
Email: natlpomc@pomc.org

Website: www.pomc.org

Office: (513) 721-5683

Fax: (513) 345-4489

Toll Free: (888) 818-POMC (7662)



Trials & Hearings

There are no trials or hearings at this time.

5 lies you were told about grief

By **ALISON NAPPI**

*“What if we never ‘get over’ certain deaths, or our childhoods?
What if the idea that we should have by now, or will, is a great palace lie?
What if we’re not supposed to? What if it takes a life time...?”*

~ Anne Lamott

It isn't true that you have to get over it. It isn't even true that you have to want to. No one else can understand what you have lost. No one else can bear the burden of your tribute to a love, to a life, to an identity now gone. What a privilege it is to feel deeply.

Something happens when you entwine your fate with someone else's. If they go somewhere you cannot follow, part of you goes with them, and it is like birthing a baby who comes out of you: still and limp.

You are helpless as you watch the labor of your deepest love, your most sacred creation disappear under the dirt without you.

You want to hold it in your arms and join it in a sleep that never ends. You want to claw at the boundary of the earth between the two of you with your fingernails, but someone grabs you and pulls you away, and all you can do is wail.

You become hollow. You are missing a chunk of yourself, and no one can really see it once you put on your creamy lipstick and your designer dress, and you pluck your eyebrows and paint your fingernails and toenails to match. No. No one can see what you are missing; you look so well put together.

“The worst type of crying wasn't the kind everyone could see — the wailing on street corners, the tearing at clothes. No, the worst kind happened when your soul wept and no matter what you did, there was no way to comfort it. A section withered and became a scar on the part of your soul that survived. For people like me... our souls contained more scar tissue than life.” ~ Katie McGarry

Maybe your closest friends think you are lonely, but it is worse than that: you have lost the part of yourself that you loved most. The last period has been stamped onto the page, and yet somehow you were left behind, running your fingertips over a leather bound cover slammed shut.

You are a character in a story that is over, and since this never happens in the fairy tales you were fed in your most formative years, you are lost. You no longer fit in the world, and there is no star that can grant your truest wish.

And yet there is hope, but it is not the hope you want. Your sadness becomes all you have left and you begin to cherish it, to worship at its feet so you never forget the most important thing that ever happened to you.

You hold it in your body and you feed it all your love, all your light, so that it stays, so that you can be closer to death. It will never sneak up on you again, because it never leaves your doorstep.

And they will tell you that you're expected at the office by nine. They will recommend that you still go to church. They will expect you still to celebrate at birthdays, and pretend it doesn't pain you when you must change your grocery list. No, you mustn't cry when you have to put back the soy milk because the only one who drinks it is gone.

.....Continued on page 4

5 Lies...continued

Well-meaning friends and family will repeat the lies repeated to them in their hours of need, but they will not reveal the truth. They will not tell you how angry they were when this trite advice was handed down to them, how they took it with a joyless, tight-lipped smile, and an insincere “thank you,” just as you will do.

They know no other way. There were things they valued more than their grief: unsmudged eyeliner, making their friends feel comfortable, staying unemotional at work.

Their platitudes won't help you at all, but you'll hear them so often from so many directions that you will begin to wonder why you can't heed them. Instead of realizing the obvious truth: that the advice is terribly flawed, your conditioning will tell you that it is you who are flawed, adding the burden of guilt to a heart already gasping for air.

There are many lists of trite advice you can read about grief, but they will only add to your confusion about why you can't seem to sync your feelings with the grief map sanctioned by your culture.

This map is supposed to tell you what is normal, but that map was not made for you. It was made to keep the engine of our cultural machine running. It requires your numbness. Refuse, my friend. Refuse with all your might to be numb.

I have no trite advice for you. I have nothing prolific to say. I'm not going to tell you to get therapy or accept how life has changed. I offer you this in the spirit of “you-are-not-aloneness” and “there-is-no-scheduledom.” I give this freely from a place of “I-don't-know-how-you-feel-but-I-sure-as-sh**-know-what-it's-like-to-be-devastatedism,” and “This-is-how-I-feltity.”

1. The Lie: You should be over it/him/her by now.

The Truth: No one has the authority to tell you how you should feel, when you should feel it or for how long. Do you hear me? There is no normal when it comes to grief. There is no quantifiable estimate of how much value who and what you have lost has added to your life or for how long you should be sad about that loss. You are not a machine. Numbers: days, weeks, months, years are meaningless.

Death and aliveness are inextricably linked. You may stop weeping (or not), but you will never forget the love, the adventure, the grandiosity of the effect that your beloved lost has made upon your life, and your character. In this way, death will guide you for the rest of your days.

“You will lose someone you can't live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn't seal back up. And you come through. It's like having a broken leg that never heals perfectly — that still hurts when the weather gets cold, but you learn to dance with the limp.” ~ Anne Lamott

Your life has changed forever. The touch of death is a part of you now, woven into the tapestry of your new and unfolding experience.

2. The Lie: You should stop talking about him or her / Stop living in the past.

The Truth: The only people who cannot bear to hear you speak of your beloved are those who cannot accept their own mortality. They are people who have never grieved. They either don't know loss, or they buried themselves with their loved ones. Trust me when I tell you, they have their own mountains yet to climb.

Those who would have you silence yourself, choke on the words that you must speak, are people who do not know their own souls.

“Give sorrow words; the grief that does not speak knits up the o-er wrought heart and bids it break.” ~ William Shakespeare

I'm not a psychologist. I'm a writer, so you must know by now that I am having a love affair with words. I know how to make them sharp and pointy. I know how to make them sing like music. And most importantly, I know that they keep me connected to everything beautiful in this world, and the next.

Speaking of your loved one can keep their presence with you from far across the boundaries of the point where life meets death. It is a way to honor them, and a way to honor your feelings. It keeps their love alive in you. It extends the meaning of their life into the world in powerful and meaningful ways. It gives them back a voice in a world hell-bent on forgetting.

It's okay to speak of them, to them, and even for them when there is good that can be done by you because they have lived. What better way to honor a life, than to extend this love to others?

3. *The Lie: You have to move on with your life (right now).*

The Truth: This advice is an act of violence against a grieving heart. It is a kick in the ribs while you lie hopelessly seized by despair. Whatever it is your loved one would want, it is unlikely that he or she would want an avalanche of guilt entombing you with your grief. You have enough to climb out of, enough rebuilding to do.

In many ways you are restarting your life from scratch, especially if your beloved lost was the central pin you'd built your life around. For many of us, there is no life to get on with; the lives we were living are irretrievable.

We must begin again, and we don't want to begin our new lives on a foundation of unacknowledged, disrespected grief.

Being with your grief may require you to sit amongst the rubble. You may have to watch a city crumble. You may have to let go of who you thought you were, in order to make meaning out of the meaningless tragedy of death. Someday you will rebuild this city, but it will be new, updated, your tastes will have changed, you will be more wholly yourself and your kingdom will reflect that.

4. *The Lie: You could have prevented this tragedy.*

The Truth: If your loved one passed in a sudden or unexpected way, somewhere inside you is a voice asking what you might have done differently that would have changed the course of events that led to the death of your beloved lost.

The truth is that the factors that influence the course of our lives are bigger and more mysterious than what we did and did not do. To hold yourself accountable for any reason is to deny the greater context in which life happens, and that is a dangerous choice to make, because it will eat a hole in your spirit that you can never fill without asking much scarier questions. Bigger questions.

How will I live with this loss? Will I survive this sadness? Will I ever love again? Who am I now? In what manner will I go on? How do I want to spend what's left of my life? How can I honor my loved one's life? And death? Is there more? What is the meaning of living? How can I find fulfillment now?

*"Watch the ones whose only option left is to lean into the questions. The ones who are uninhibited by the unknown because they've jumped into that gaping hole and found themselves, by grace, unswallowable. Watch the ones who willingly stand with Feist and say, "I feel it all" even when it scares the s*** out of them. It's not brave to have answers." ~ Mandy Steward*

5. *The Lie: Time heals all wounds.*

The Truth: The truth is there are losses you never get over. They break you to pieces and you can never go back to the original shape you once were, and so you will grieve your own death with that of your beloved lost.

Your grief is your love, turned inside-out. That is why it is so deep. That is why it is so consuming. When your sadness seems bottomless, it is because your love knows no bounds.

Grief teaches us about who we are, and any attempt to crush it, to bury it with the body is an act of vengeance against your own nature.

If everyone felt, honored, respected and trusted their true feelings, this world would be a different place. Instead of reacting, we would respond. Instead of judging, we would see ourselves in everyone. Instead of consuming, we would notice that we cannot fill the gaping wounds inside of us with trinkets.

If instead of pretending we are okay, we would take the time to wail, to weep, to scream, to wander the woods day after day holding hands with our sadness, loving it into remission so it doesn't turn cold inside of us, gripping us intermittently in the icy fingers of depression. That's not what grief is meant to do.

Grief has a way of showing you just how deep your aliveness goes. It's a dagger shoved down your throat, its handle bulging like an Adam's apple protruding from your neck, edges pressed against both lungs, creating a long, slow bleed in your chest that rolls down the edges of your life, and you get to handle that *any fucking way you want*.

If you have been sitting on old grief from your childhood, your failed relationships, the loss of a family pet when you were nine, and any other losses you were unable to honor in the past, this left-over grief will also come through the broken damn. Let it.

"Grief does not change you... It reveals you." ~ John Green

And herein lies the gift that cannot die. It changes the course of your life forever. If you allow yourself the chance to feel it for as long as you need to — even if it is for the rest of your life — you will be guided by it. You will become someone it would have been impossible for you to be, and in this way your loved one lives on, in you.

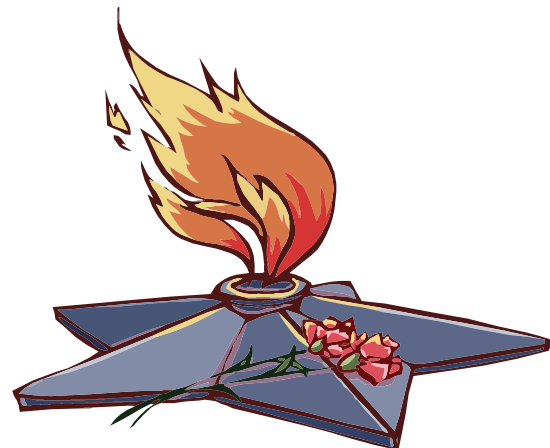
Birthdays Remembered

David Blea	August 1, 1967	Ibrahim Bradley	September 14, 1975
Tiff Vainey 5th	August 1, 1984	Alan Cardares	September 15, 1979
Bill Leis	August 3, 1948	Michael Tarasiuk	September 16, 1962
Eddie Wayne Hairston	August 3, 1961	Guy Oliver Morton	September 19, 1956
Brandon Hurtado	August 3, 1978	Tami Krizman	September 19, 1957
Cody Martell	August 4, 1966	Tyrone Anthony Bennett	September 19, 1970
Kevin	August 6, 1971	Nathan Leon	September 19, 1985
Blaine Eric Noble	August 6, 1974	A.J. Boik	September 20, 1993
H Gregory Jukiewicz	August 6, 1975	Roderick Paulsen	September 22, 1971
Jesse Maldonado	August 12, 1977	Jerry Baca	September 26, 1968
Earl Mitchell	August 13, 1907	Kip Merry	September 26, 1973
Phillip Dearing	August 13, 1980	Andre` Price Jr	September 28, 1973
Carmina "Nina" Anderson	August 14, 1930	Jesus Diaz	September 28, 1978
Lysa Beth Moser	August 14, 1962	Jeffrey B. Packard	September 29, 1955
James Mendoza	August 14, 1989	John LaRose	September 29, 1958
Cindy Jolene Tiemann	August 15, 1959	John Larose	September 29, 1958
Michelle Leigh Cosper	August 15, 1973	Gregory Scott Stone	September 30, 1955
Larry Heil	August 16, 1962		
Leon Nuanes	August 17, 1975		
Angelina Sicola	August 17, 1992		
Matthew Foley	August 19, 1980		
Christy Marie Brown	August 20, 1975		
Gertrude Brown/Nussel	August 22, 1906		
Joni Edwards	August 23, 1962		
Aaron Tuneberg	August 23, 1983		
Josh Harman	August 23, 1984		
Justin Andrew Archuleta	August 26, 1975		
Steven Robert Curnow	August 28, 1984		
Heather Victoria Reyes	August 29, 1975		
Rebecca Lynn Ochs	August 30, 1971		
Geney Crutchley	September 1, 1950		
John Tomlin	September 1, 1982		
Joel England	September 4, 1972		
Mark Smith	September 4, 1973		
John Flores	September 5, 1969		
Michael O'Fallon	September 8, 1962		
Rob Stewart	September 9, 1956		
Michael Allendorf	September 9, 1963		
Paul Christopher Bueno	September 9, 1965		
Jordan Shuford	September 9, 1980		
Beth Gallegos	September 10, 1996		
Angel Delgado	September 12, 1980		
James Darrell Steele, Jr.	September 13, 1969		
Carolyn Walker	September 14, 1966		



In Memoriam

Sid Wells	August 1, 1983	Paula Ross Stiner	September 21, 1994
Colin Ehlers	August 1, 1998	Randy Fleming	September 23, 1983
Robert James Schoen	August 4	Chad Harvey	September 23, 1998
Damon J. Murphy	August 6, 1991	Mark Anthony David Johnsen	September 25, 2005
Joel England	August 8, 1998	Michael E. Duran Jr	September 28, 1983
Rickey Ritter	August 11, 2006	Troy Baker	September 28, 2000
Robert A. Vinci	August 14, 1990	Angela Harold	September 1994
Mary Anne Southwick	August 14, 1993		
James Darrell Steele, Jr.	August 14, 1995		
Rodney Lee	August 14, 1999		
Ray (Paisano) Linebarger	August 16, 1993		
Micheala Carol Hanson	August 18, 1988		
Charley Richards	August 21, 1992		
Michelle Leigh Cospers	August 23, 1988		
Tami Krizman	August 24, 1995		
Matthew Worden	August 24, 1995		
Paul Anthony Ciaramitaro	August 25, 1988		
Tammy Lamberty	August 26, 1994		
Mary Buso	August 27, 1993		
Marcos Torres	August 27, 2005		
Michael Ned	August 28, 1992		
Brandon Cruz Sigala	August 28, 2011		
Rick R	August 30, 2009		
Ricky Bobian	August 30, 2009		
James Mendoza	August 30, 2009		
Cissy Foster	September 1, 1993		
Sindy Wong	September 3, 1997		
Alexi Kaptanian	September 4, 1994		
Jordan Hood	September 4, 2008		
Dale Morris	September 5, 1985		
Tami Medina	September 8, 1994		
Michael Nigg	September 8, 1995		
Sarah Robinson	September 8		
Nicole Holm	September 9, 1998		
Heather Harper	September 10, 1991		
Nathan Bailey	September 10, 1998		
Paul A. Stone	September 10, 1998		
Katie Bailey	September 10, 1998		
Michael Tarasiuk	September 11, 1980		
Gary Carlson	September 13, 1994		
Daniel Walsh	September 15, 1996		
Neal Eldrenkamp	September 18, 1997		
Stephanie Bechtold	September 20, 1991		
Leah Mandell	September 21, 1989		



ANNOUNCEMENTS

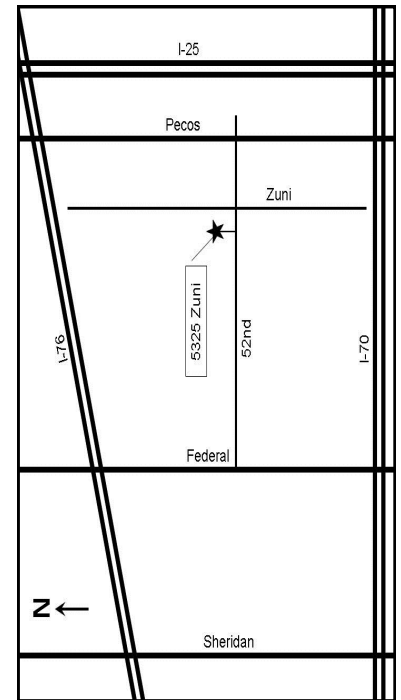
- Aug 15 - Support Group at 7:30 PM

- Sept 19 - Board Meeting 6:00 PM
Support Group at 7:30 PM

- Sept 25 - National Day of Remembrance
For Murder Victims
11:00 a.m. Wellington Webb Building
201 W Colfax, Denver

ADDRESS SERVICE REQUESTED

POMC
P. O. BOX 375
LITTLETON, CO
80160-0375



We meet in the
catereria of the
CenturyLink Building
at 5325 Zuni in Denver on
the 3rd Saturday