



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

DEC – JAN 2018

POMC Board of Directors Needs You

Would you like to help your POMC chapter? We are coming up to that time of year where we looking for new board members.

If you're interested in helping out, please contact Phil at 303-748-6395 or at POMCColorado@gmail.com

New Mailing Address for POMC

To send donations, cards or letters, please note that our mailing address has changed.

POMC
9888 W Belleview Ave #103
Littleton, CO 80123

VOICE Meeting

March 2018
Time and topic TBD

Do you have a poem or an article that you think would be good for the news letter? Please send them to me for consideration.
POMCColorado@gmail.com

*It has been said,
"Time heals all wounds."
I do not agree
The wounds remain.
In time, the mind,
Protecting its sanity,
Covers them with scar tissue
And the pain lessens.
But it is never gone.
- Rose Kennedy*



*It is in that moment,
When we are brave enough to share
Our thoughts with a fellow griever
And they nod, smile and understand
That we know we are not alone*

-Unknown



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:

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 Littleton, CO 80127
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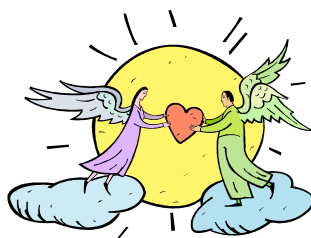
Memorials & Birthdays:
 Phil Clark, 303 748-6395

Roster & Mailing List:
 Joe Cannata, 303 345-7301

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.

New Members

Neta and Keriwa Hansen

Lorene Eno

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

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www.colorado-pomc.org

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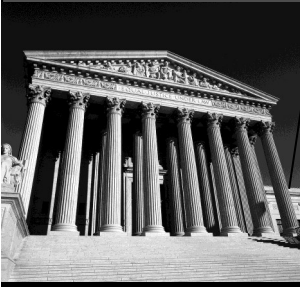
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Fax: (513) 345-4489

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



Trials & Hearings

No trial updates

Submitted by group member Cynthia Thye

Comes the Dawn

-Veronica Schoffstall

*After a while you learn the subtle difference
 Between holding a hand and chaining a soul,
 And you learn that love doesn't mean leaning
 And company doesn't mean security,
 And you begin to learn that kisses aren't contracts
 And presents aren't promises,
 And you begin to accept your defeats
 With your head up and your eyes open
 With the grace of a woman, not the grief of a child,
 And you learn to build all your roads on today,
 Because tomorrow's ground is too uncertain for plans,
 And futures have a way of falling down in mid-flight.
 After a while you learn
 That even sunshine burns if you get too much.
 So you plant your own garden and decorate your own soul,
 Instead of waiting for someone to bring you flowers.
 And you learn that you really can endure...
 That you really are strong,
 And you really do have worth.
 And you learn and learn...
 With every goodbye you learn.*

HOW TO HANDLE HOLIDAY LONELINESS

Submitted by Gman8361 | December 9, 2015 - 5:04pm

Holidays can be lonely. This time of year surfaces our losses and throws them in our faces. We bump into a memory with every decoration, song, or tradition. Holidays and loneliness don't mix well.

Here's the truth...

I could tell you that you're not alone. That's true, but if your heart is broken, you're focused on who's not here, not who is.

Here's the truth. Grief is a lonely process. When hearts break, we feel the cracking. Someone has exited, and the void created is stunning. The intensity of the loneliness can smother us.

We feel it. And feeling it, at least to some degree, is healthy, because the loneliness is real. On the other hand, none of us can feel the full weight of grief's onslaught. Our sturdy yet fragile hearts can only handle so much. We need relief from time to time.

Somehow, we must feel the loneliness, yet live on. Somewhere in the midst of the pain, there is a balance each of us must search for - feeling the grief, and yet engaging in the world we're still part of.

How do we do this?

Four Tips to Help

There are no foolproof rules to handling holiday loneliness, but here are four helpful guidelines.

1. Take your heart seriously.

Your heart is your most prized possession. It's the guts of who you are. As wise King Solomon said, "Above all else, guard your heart, for it is the spring from which everything else in your life flows."

What does your heart most need? More time alone? More time with others?

Who do you need time with? Who is most helpful to you now?

What do you want to do? How? When? With whom?

Are you hydrating, eating well, and exercising?

Do you need to downgrade your expectations of yourself, others, or the holidays in general?

Take a deep breath. Look to your heart.

2. Make a plan to honor your loved one.

Your heart needs this, and your loved one deserves it. How will you honor him or her this holiday? A familiar tradition continued in their honor?

An empty chair and / or a place set at the table?

A time of sharing with family?

A stocking, stuffed with cards written and prepared by family?

A present under the tree that can be passed around, with each person sharing what they miss about them?

A charitable donation in their name?

Be creative. Make a plan to include and honor them.

3. Express your love by grieving well.

The grief is always with us, in us. Let out what you can, when you can.

Write

Journal

Talk out loud

Light a candle

Go to a remembrance service

Scream

Cry

Punch a pillow, or a paper bag

Throw some eggs

Grief is part of love. It will be expressed, one way or another.

4. Consider serving.

You're not alone in your suffering. Many others are hurting too.

There's something about reaching out and serving others when we're hurting that brings a little healing to our hearts. It gives us perspective, and pulls us out of our pain for a little while. Service, and seeing the gratitude of others, can be salve to our broken hearts.

Lonely does not mean alone.

Lonely does not mean alone. And it doesn't mean meaningless or hopeless either.

Lonely means, well, lonely. You miss someone, and you feel it. Depending on the loss, it can color everything.

Feel it, but decide how much you can take. Take your heart seriously. Include and honor your loved one these holidays. Love them by grieving well. Reach out, use your grief, and serve.

Lonely, yes? How could you not be?

Lonely is what you feel, but it is not who you are.

Birthdays Remembered

Rubon Wayne Norwood	12	1	1938	Ricky Bobian	1	15	1974
Ethan Wolf	12	1	1974	Zoey Espinoza	1	15	2003
Chad Ferguson	12	1	1977	Heather Moore	1	16	1974
Robert Mejia	12	2	1979	Jacine Gielinski	1	16	1975
Meglan Renaud	12	3	1976	Carrie Lee Gonzales	1	17	1957
Paul Anthony Ciaramitaro	12	4	1959	Jason Paiz	1	17	1979
Kyra Harris	12	7	1958	Aaron Richart	1	18	1978
Jason Trembath	12	9	1974	Isaiah Vialpando	1	20	1995
Dale Morris	12	11	1931	Bailey Davidson	1	20	2005
Marilyn Gillespie	12	11	1951	Dylan Gushard	1	21	1971
Mel Gurule Jr.	12	11	1959	Bryan D. Lusk	1	24	1976
Chandra Haak	12	12	1975	Leah Mandell	1	29	1972
Christa Benton	12	15	1978	Javad Marshall-Fields	1	29	1983
Charla Nicholson	12	16	1962	Cameron Weaver	1	29	1991
Martel Thomas	12	18	1947	Heather Riccardi,	1	30	1975
Craig Jackman	12	18	1964				
Tammy Lamberty	12	18	1970				
Edward Gomez (Martinez)	12	19	1962				
Randy Arlin Russom	12	20	1964				
Desiree Holland	12	20	1975				
Frank Hernandez Jr	12	21	1979				
Michelle Vinson	12	22	1968				
Michelle Mellema-Witherell	12	23	1967				
Daniel Chavez	12	25	1972				
Diane J. Caldwell	12	26	1950				
Cindy Wilson/Langlois	12	26	1954				
Michael Adams	12	26	1962				
Michael L. Crouch	12	27	1957				
Brandon Cruz Sigala	12	28	1983				
Linda Zambotti	12	29	1954				
Emily Reilly	12	29	1991				
Jan Mariano	1	1	1952				
Sarah Robinson	1	3	1985				
Neal Eldrenkamp	1	5	1959				
Lori Jean Burritt	1	6	1953				
Alan Friedman	1	9	1951				
Thad "T.J." Tigges	1	9	1968				
Marlon Horton	1	10	1984				
Judy Gushard	1	11	1945				
Angie Fite	1	11	1970				
Mitch Anderson	1	11	1975				



In Memoriam

Leroy Martinez II	12	2	1993	Kimberlie Rose Urstadt	1	16	2011
Yvonne Cossio	12	2	1993	Josh Harman	1	18	1999
Steve Murgatroyd	12	4	1993	Jamie Paine	1	20	1997
Wayne Craig	12	4	1998	Eric Martinez	1	20	2001
John Rasser	12	5	1996	Craig Jackman	1	21	1981
Terry Sheeran	12	5	1999	John Flores	1	21	1989
Cody Martell	12	10	2002	Nate Tallman	1	21	2014
Dennis Meredith	12	11	1992	Page Ten Brook	1	23	1997
Byris Williams	12	11	2004	Nick Thelley	1	23	2004
Matt Ownbey	12	12	2000	Chris Mains	1	25	1999
Fernando Sanchez	12	12	2004	Thad "T.J." Tigges	1	25	2001
Cindy Jolene Tiemann	12	16	1987	Garry Gene Bailey	1	26	1996
Frank Hernandez Jr	12	17	1998	Robert Hayden	1	26	1999
Jerry Baca	12	18	2008	Edward Gomez (Martinez)	1	27	1997
Megan Patricia Neylon	12	19	1998	James Springer Jr	1	27	2002
Michelle Mellema-Witherell	12	20	1992	Dylan Gushard	1	30	1987
Heather Moore	12	21	1995	Judy Gushard	1	30	1987
Michael McMullen	12	22	2007	Vanessa Gushard	1	30	1987
Polly Elizabeth Sullivan	12	25	1998				
Martha Munoz	12	26	1998				
Paul Christopher Bueno	12	28	1999				
Damon A Roberts	12	30	1992				
Christine Marie Zablocki-Alicata							
	12	31	1986				
Michael L. Crouch	12	31	1986				
Michael Cates	1	1	1994				
Phillip Mc Cain	1	1	1994				
Brad Amack	1	1	1998				
Jordan Shuford	1	1	2002				
Ashley Raguindin	1	1	2012				
Tiff Vainey 5th	1	2	2006				
Robert Mejia	1	3	2004				
Conrad Duran	1	3	2010				
Cindi Talor	1	4	1996				
Christa Benton	1	6	2016				
Steven Johnson	1	7	1995				
Mary Rogers	1	8	2001				
Marquis Garcia	1	10	2017				
David Gonzales Shuker	1	11	2004				
Elvin Landrum	1	12	1996				
Gina Padilla	1	13	1996				
Gary Clark	1	14	1988				
Cameron Weaver	1	14	2013				
Jolene Romero	1	15	1994				
Ryan C. McDaniel	1	16	1996				



ANNOUNCEMENTS

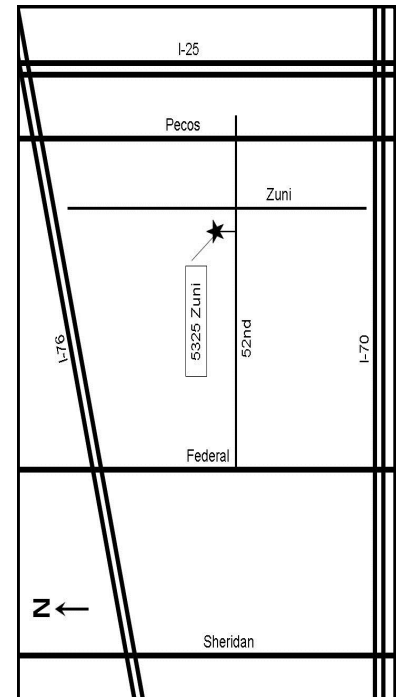
Dec 16 - Support Group at 7:30 PM

Jan 20 - Board Meeting at 6:00
Support Group at 7:30 PM

Feb 17 - Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

POMC
9888 W Bellview Ave. #103
LITTLETON, CO
80123



We meet in the cafeteria of the CenturyLink Building at 5325 Zuni in Denver on the 3rd Saturday. The entrance to parking is on 52nd.