



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

POMC

**SUPPORT
NEWSLETTER**

**Front Range Chapter
Parents of Murdered Children**

Dec 2013—Jan 2014

DESSERT POTLUCK & TREE TRIMMING-DECEMBER 21

Holidays can be a very difficult time of the year for survivors, a time when traditions have been a great part of our lives, be it Christmas, Hanukkah, or Kwanzaa. Most of us have already broken those traditions with the loss of our loved one(s). We at POMC have our own very special tradition...we come together to share in fellowship and to honor our loved ones with dessert, tree trimming and candlelight service. Bring your special dessert or a favorite of your loved one. After dessert we will go outside to decorate our beautiful evergreen tree with our very special ornaments that you have provided. Weather permitting, we will have our candlelight service by the tree, otherwise we will come back inside and continue. Bring your singing voices and any favorite carols.

We have the ornaments that decorated our tree last year but you are always welcome to bring a new one, just be sure to have your loved one's name on it. We also have extra if needed. **DON'T FORGET TO BRING THE FAMILY TOO.** This will be a beautiful evening for all to share in. We look forward to seeing you there on Saturday, December 21, at 6:30 PM. Please note the time change.

NEXT VOICE FORUM SET FOR JANUARY

You are invited to the Victims Organized in Correctional Exchange (VOICE) forum with the Colorado Department of Corrections to be held at

District 3 Denver Police
1625 S. University Blvd.
Denver, Colorado
Monday, January 13, 2014
6:00 – 8:30 PM

There is ample street parking available.

Topic for the evening, "To Be Determined".

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Thank you Keith Urstadt for the wonderful job of trimming the lower branches of our evergreen tree. We can now see the beautiful plaque that is dedicated to our loved ones.

* * * * *

May the Christmas spirit fill you with peace, love and joy and remain with you throughout the coming year.



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

POMC

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

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Member**Everett & Linda
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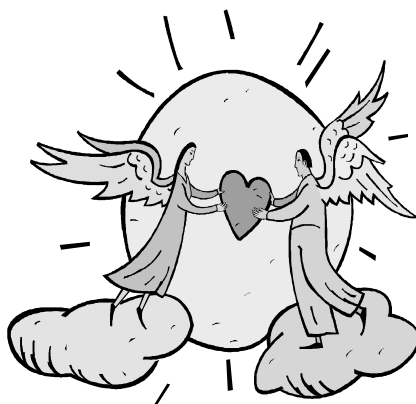
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Love Gifts



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

Gene Nuanes
in memory of his nephew,
Leon Nuanes

Brenda Olivas,
a friend of
POMC

New Members

Cindy Jones

Gloria Sigala

Theresa Hoover

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 bi-monthly 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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Trials and Hearings:
Tom Rasser, 303 798-2841



Trials & Hearings

Our chapter received word on Sat., Nov. 23, that Chester Todd, the confessed murderer of Sherri Majors, had passed away. His ultimate sentence for Sherri's murder is, therefore, now in the hands of a higher court. Sherri is the daughter of long time members, Linda and Everett Donelson

As you hold me close in memory,
 Even though we are apart,
 My spirit will live on
 There within your heart...
I am with you always

When you lean on trusted friends
 And their caring hugs enfold you,
 Within their loving arms,
 I'll be there to hold you...
I am with you always

And beyond the far horizon
 When we'll finally be together,
 Where love will be eternal
 And life will last forever...
I am with you always

Author Unknown

Memorials for Loved Ones

We will publish memorial pages like the one we published in this newsletter. This helps defray costs of publishing our newsletter. You can choose a half page at \$50. or a quarter page for \$30. Please send Memorial page items with payment to the editor, Cherri Lusk, 22185 E Dry Creek Pl., Aurora, Co. 80016. Any pictures or copies are not returnable to the sender. You can email a picture to me at ca.lusk@comcast.net. If you email the picture please send it as an attachment. Put POMC newsletter in the subject line or I will not open the email. Questions regarding this service, call Cherri at (303) 593-0784.

From the Desk of Barb Kaptanian

When in Anguish, Try Prayer

- Prayer.*
1. An address (as a petition) to God or a god in word or thought, i.e. <said a *prayer* for the success of the voyage>.
 2. A set order of words used in *praying*.
 3. An earnest request or wish.
 4. The act or practice of *praying* to God or a god, i.e. <kneeling in *prayer*>.
 5. A religious service consisting chiefly of *prayers* often used in the plural.
 6. Something *prayed* for.

To *pray* is to entreat, implore – often used as a function word in introducing a question, request, or plea, i.e. <pray be careful>. Also to get or bring by *praying*. As an intransitive verb *pray* is to make a request in a humble manner; to address God or a god with adoration, confession, supplication, or thanksgiving. Some examples are to pray to God or Allah daily. There's little else to do now but hope and pray. The minister said, "Let us pray."

To *pray*, *praying*, *prayer* is in every language, every culture, every people group. Supplication to God or a god is in the very nature of man; it is an expression of the human heart to something bigger than ourselves. Prayer is a longing for a supreme being to be in control, to be a refuge, a help, a solace, a source of joy, a form of worship. Prayer takes on a myriad of meanings and is as individual and unique as is each human being on the planet. An interesting fact about prayer is that many don't or won't pray, don't believe in a God that will hear, let alone answer, and/or are angry with God so turn away. When in fact it is during the tough stuff that God wants to hear from us – as well as in the expression of joy and worship. Doesn't matter your religion or belief or maybe "not", people will turn to prayer in times of desperation or at least ask an individual that prays to pray for them. No one turns down prayer even if they don't believe in it. It never ceases to amaze me how many people ask me to pray for them and more often than not, people that seemingly don't have any belief system at all. At some level, and in my opinion, the human heart has a need to believe. We all need HOPE! Without hope comes futility, lack of purpose, robs of joy, a hapless look toward the future. Depression is rampant in today's culture, so is suicide. The feeling of utter hopelessness.

So what's the point? What happens when we're so anguished and there are no words? No expression, no voice, no utterance to say what the heart feels? Sometimes only the heart can speak in utterances only God can understand and words are not necessary. God knows the human heart. And after the death of child from homicide? There are no words. Only God would ever understand the depth of anguish for which there is no expression. The Bible is one of the greatest expressions of prayer ever written; it remains the most published book in the world. It's full of prayers and full of stories of people that have witnessed answered prayer, people whose only hope was through prayer, people and entire nations changed through prayer. God's greatest tool given to mankind is the ability to speak directly to Him through prayer – He hears every word. So why is it so difficult to pray? Doesn't require eloquence. Doesn't require practice. Doesn't have to be long and full of wisdom and perfect. God just wants YOU. He wants to hear your heart. That's all it is. And when you're in anguish and there is nowhere to turn, He wants you to talk it

over with Him. Simple as that. Just try it. You'll be surprised at the relief it brings.

Listen to this. Hear it in your heart. "How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will the enemy triumph over me? Look on me and answer, O Lord my God. Give light to my eyes, or I will sleep in death." Psalm 13: 1-3 Does this sound familiar to you? A prayer of anguish? But wait...

The prayer goes on to say, "But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for He has been good to me." Psalm 13: 5-6

The point is... however you choose to pray be it beads, or incense, or on a mountaintop, perhaps on your knees, in a church, alone or with someone, in the shower, on a prayer rug, dancing, doesn't matter, prayer releases the anguish and brings hope. If you can't or don't know how to pray, ask someone to pray with you and for you. And may God bless you.

Think of it this way. God provided a way to conquer that heartfelt sorrow for your loss. "Where, O death, is your victory? Where, O death, is your sting?" 1Corinthians 15:55 "Death has been swallowed up in victory." 1Corinthians 15:54 "I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow." Jeremiah 31:13 It's up to you to ask for comfort from a God who is big enough to handle your sorrow and anguish and bring you peace. And pray to a God who is big enough to handle the perpetrator in ways you can't. And He will!

God has conquered death forever and your little one is in His care. So are you! In the pit of despair, cry out to God with unfiltered request. Cry out from the pit of hell. God where are you? I'm finished. I can't take it anymore. I cry out from the pit of my soul. Death is at the doorstep! I can't find you, rescue me, end my suffering. Oh my child, where is my child? Hold him/her in your everlasting arms and under the shadow of your wings. And bring me peace.

Remember it is God's promise to come with His unfailing love. It is the character of God, He hears you, and He cannot go against His character. Bad things happen in this world, He didn't cause them. But He can turn it around and bring you solace. This event is horrific but God hears your prayer and knows the details. Death no longer has the power to destroy, God is victorious even over death. Evil is the usher and merely ushers us up to God! The usher is not victorious! When you are surrounded by the shroud of death and fear and anguish and brokenness, cry out to God and remember, death no longer has the sting, it is not victorious. There is a future for you and your child in the arms of God. Try prayer. Believe. It's Thanksgiving, it's Christmas, it's whatever holiday you celebrate, it's any time any where always. It's prayer that can bring healing to your heart. Try it. I'll be praying with you and for you. I do all the time – you just don't realize it. My heart is with you.

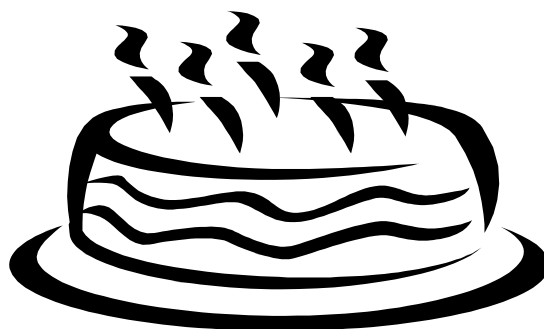
Merry Christmas. I'll celebrate my son in prayer and thanksgiving and leave the rest to God. I hope you will too. Whatever you believe, try prayer. And be blessed.

Love to ALL, Barb

Birthdays Remembered

Donald Hubbard, October 12, 1958
Kimberlie Urstadt, November 18, 1990
Rubon Wayne Norwood, December 1, 1938
Ethan Wolf, December 1, 1974
Chad Ferguson, December 1, 1977
Robert Mejia, December 2, 1979
Meglan Renaud, December 3, 1976
Paul Anthony Ciaramitaro, December 4, 1959
Kyra Harris, December 7, 1958
Jason Trembath, December 9, 1974
Dale Morris, December 11, 1931
Marilyn Gillespie, December 11, 1951
Mel Gurule Jr, December 11, 1959
Chandra Haak, December 12, 1975
Craig Jackman, December 18, 1964
Tammy Lamberty, December 18, 1970
Edward Gomez, December 19, 1986
Randy Arlin Russom, December 20, 1964
Desiree Holland, December 20, 1975
Frank Hernandez Jr, December 21, 1979
Michelle Vinson, December 22, 1968
Michelle Mellema-Witherell, December 23, 1967
Daniel Chavez, December 25, 1972
Diane J. Caldwell, December 26, 1950
Cindy Wilson/Langlois, December 26, 1954
Michael Adams, December 26, 1962
Michael L. Crouch, December 27, 1957
Brandon Cruz Sigala, December 28, 1983
Linda Zambotti, December 29, 1954

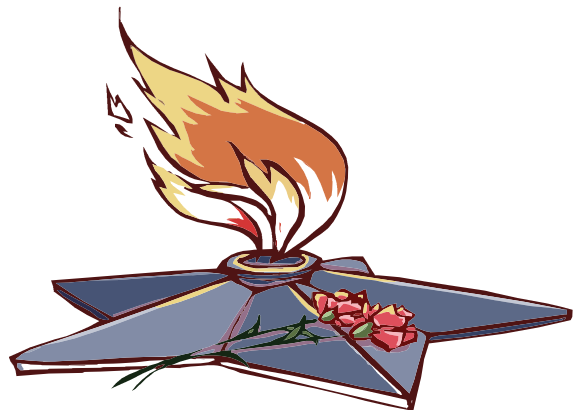
Jan Mariano, January 1, 1952
Sarah Robinson, January 3, 1985
Neal Eldrenkamp, January 5, 1959
Lori Jean Burritt, January 6, 1953
Alan Friedman, January 9, 1951
Thad "T.J." Tigges, January 9, 1968
Marlon Horton, January 10, 1984
Judy Gushard, January 11, 1945
Angie Fite, January 11, 1970
Mitch Anderson, January 11, 1975
Ricky Bobian, January 15, 1974
Heather Moore, January 16, 1974
Jacine Gielinski, January 16, 1975
Carrie Lee Gonzales, January 17, 1957
Jason Paiz, January 17, 1979
Aaron Richart, January 18, 1978
Bailey Davidson, January 20, 2005
Dylan Gushard, January 21, 1971
Bryan D. Lusk, January 24, 1976
Leah Mandell, January 29, 1972
Javad Marshall-Fields, January 29, 1983
Cameron Weaver, January 29, 1991
Emily Reilly, December 29, 1991



In Memoriam

Leroy Martinez II, December 2, 1993
Yvonne Cossio, December 2, 1993
Steve Murgatroyd, December 4, 1993
Wayne Craig, December 4, 1998
John Rasser, December 5, 1996
Terry Sheeran, December 5, 1999
Cody Martell, December 10, 2002
Dennis Meredith, December 11, 1992
Matt Ownbey, December 12, 2000
Fernando Sanchez, December 12, 2004
Cindy Jolene Tiemann, December 16, 1987
Frank Hernandez Jr., December 17, 1998
Jerry Baca, December 18, 2008
Megan Patricia Neylon, December 19, 1998
Michelle Mellema-Witherell, December 20, 1992
Heather Moore, December 21, 1995
Michael McMullen, December 22, 2007
Polly Elizabeth Sullivan, December 25, 1998
Martha Munoz, December 26, 1998
Paul Christopher Bueno, December 28, 1999
Damon A Roberts, December 30, 1992
Michael L. Crouch, December 31, 1986
Christine Marie Zablocki-Alic, December 31, 1986
Phillip Mc Cain, January 1, 1994
Michael Cates, January 1, 1994
Brad Amack, January 1, 1998
Jordan Shuford, January 1, 2002
Ashley Raguindin, January 1, 2012
Tiff Vainey 5th, January 2, 2006
Robert Mejia, January 3, 2004
Conrad Duran, January 3, 2010
Cindi Talor, January 4, 1996
Steven Johnson, January 7, 1995
Mary Rogers, January 8, 2001

David Gonzales Shuker, January 11, 2004
Elvin Landrum, January 12, 1996
Gina Padilla, January 13, 1996
Gary Clark, January 14, 1988
Cameron Weaver, January 14, 2013
Jolene Romero, January 15, 1994
Ryan C. McDaniel, January 16, 1996
Kimberlie Rose Urstadt, January 16, 2011
Josh Harman, January 18, 1999
Jamie Paine, January 20, 1997
Eric Martinez, January 20, 2001
Craig Jackman, January 21, 1981
John Flores, January 21, 1989
Page Ten Brook, January 23, 1997
Nick Thelley, January 23, 2004
Chris Mains, January 25, 1999
Thad "T.J." Tigges, January 25, 2001
Garry Gene Bailey, January 26, 1996
Robert Hayden, January 26, 1999
Edward Gomez (Martinez), January 27, 1997
James Springer Jr., January 27, 2002
Judy Gushard, January 30, 1987
Dylan Gushard, January 30, 1987
Vanessa Gushard, January 30, 1987



ANNOUNCEMENTS

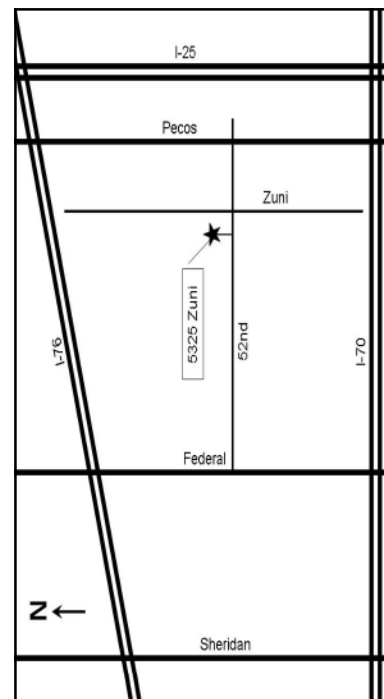
December 21 - Dessert Potluck, Tree Trimming
& Candlelight Service - 6:30 PM
(Please note the time change)

January 13 - Quarterly VOICE Forum
(See pg 1 for details)

January 18 - Board Meeting at 6:00 PM
Regular Meeting at 7:30 PM

ADDRESS SERVICE REQUESTED

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LITTLETON, CO
80160-0375



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