

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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

June 2020

ANNOUNCEMENTS

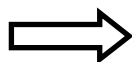
As you may or may not know, The Front Range chapter is working on updating our local brochure for distribution to those in law-enforcement, victim advocacy groups, and district attorneys. We will be looking for volunteers to help facilitate the delivery of the tri-folds soon (Date: TBD). If you have any availability, we'd love your support getting these valuable resources in their hands.

Do you have a personal narrative you'd like to share amongst our fellow members about your experience?

Possible Topic Suggestions:

**How did the pandemic trigger my grief?
What does Father's Day feel like today?
How did I cope through the court process?**

We'd love to publish your literary masterpiece for others to gain insight of your journey, and provide support to those currently affected in the situation.



Email: trstarrett@comcast.net



FRONT RANGE CHAPTER

“We Are Here to Help”

www.colorado-pomc.org

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.

LEADER

Phil Clark
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POMCColorado@gmail.com
 Other Resources: Healing & Bereavement, Trials and Hearings

SECRETARY

Juli Jenicek
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TREASURER

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 Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

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This newsletter is published monthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC.

Articles, poems, recipes and letters from members are welcomed and can be emailed to the Editor and/or POMCColorado@gmail.com

*They may be edited for length and conciseness.

Newsletter Feedback: We are OPEN to receiving! Comments and suggestions can be emailed to the Editor and/or POMCColorado@gmail.com.



LOVE GIFTS

Thank you from our Chapter for the following donation in honor of their loved one...



NEW MEMBERS



TRIALS & HEARINGS

Tiffany & Andy Starrett:

Suspect Arturo Garcia was captured on February 26, 2019.
 He was extradited from Texas to Arapahoe County on June 11, 2019.
 The preliminary proof evident hearing concluded on November 6, 2019.
 The arraignment was December 9, 2019.
 The Motions Hearing is scheduled for February 7, 2020.
 The Motions Hearing was rescheduled to March 11, 2020.
 The Pretrial Readiness Hearing is scheduled for March 20, 2020.
 The trial is scheduled for April 7, 2020.
 The trial has been rescheduled to June 16, 2020.
 The trial has been rescheduled to August 4, 2020.



DONATIONS

Love gifts are dedicated to providing restorative resources for the participants of the Colorado Front Range Chapter.

If you wish to be acknowledged in the POMC newsletter, please fill in the below and return with your check or ADD A NOTE if donating by PAYPAL.

In Honor Of: _____

Donors Name: _____

Make Checks Payable to: **POMC**

Mail Checks to:

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

PAYPAL ACCOUNT : pomccolorado@gmail.com

Donations are tax-deductible Federal ID 31-1023437



COMFORT CORNER: GRIEF

Grief after a Murder

The grief of murder may be even more difficult to deal with than loss from a disease because the answer to “why” is always a third party. It is important for people to understand that gradually, in your own time, you can begin to find some solace with what has happened. In these situations, such as murder, it is vital to understand we have a legal system, not necessarily a justice system. For some, the only justice would be to have their loved one back. Acceptance is a process that we experience, not a final stage with an end point. Here are some tips to help with the grieving process after a murder:

Those who have lost a loved one due to natural causes may not understand all the complexities of a loss from a murder.

Murder has its own deeper level of denial and shock. The event is unbelievable, unexpected, tragic and a crime, all at once.

You may feel anger longer and deeper than from other deaths. Find constructive ways to let your anger out. And give yourself lots of permission to be angry. A horrible injustice has been done to your loved one, family, friends and the world.

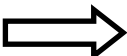
Look for forgiveness on your time zone, not others. Forgiveness comes from within, not from a “should forgive” place. When friends tell you the stories of how a victim’s family found peace, just know they are in pain because they see you in pain.

Grief after murder has many expressions; our grief is as unique as a finger print. Some may want to get involved in the legal case, some may not. Others may want to face the murderer, others may not.

Know that not finding the murderer will often cause complex and unresolved grief. Of course it will be harder to find peace in a world where your loved one was killed and the murderer still walks free.

Murder is especially horrifying because another person’s actions took an innocent life. The idea that the tragic loss of a loved one can be determined by another person’s decision is devastating. It can also be incomprehensible that it can be a random act. The perpetrator may not be known to the victim or vice versa. The shock of losing someone to murder takes hold immediately and leaves family members totally bewildered.

These are some thoughts I have seen in my work. My teachers have always been those who have dealt with loss directly. I invite anyone who has tips to share after a murder to please write to me at David@grief.com

For questions go to:
 <https://grief.com/grief-after-a-murder/>



COMFORT CORNER: HEALING

The 10 Best and 10 Worst Things to Say to Someone in Grief

Many of us have said “The Best” and “The Worst.” We meant no harm, in fact, the opposite. We were trying to comfort. A grieving person may say one of the worst ones about themselves and it’s OK. It may make sense for a member of the clergy to say, “He is in a better place” when someone comes to them for guidance. Whereas an acquaintance saying it may not feel good.

You would also not want to say to someone, you are in the stages of grief. In our work, *On Grief and Grieving*, Elisabeth Kübler-Ross and I share that the stages were never meant to tuck messy emotions into neat packages. While some of these things to say have been helpful to some people, the way in which they are often said has the exact opposite effect than what was originally intended.

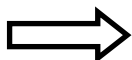
The Best Things to Say to Someone in Grief

1. I am so sorry for your loss.
2. I wish I had the right words, just know I care.
3. I don't know how you feel, but I am here to help in any way I can.
4. You and your loved one will be in my thoughts and prayers.
5. My favorite memory of your loved one is...
6. I am always just a phone call away
7. Give a hug instead of saying something
8. We all need help at times like this, I am here for you
9. I am usually up early or late, if you need anything
10. Saying nothing, just be with the person

The Worst Things to Say to Someone in Grief

1. At least she lived a long life, many people die young
2. He is in a better place
3. She brought this on herself
4. There is a reason for everything
5. Aren't you over him yet, he has been dead for awhile now
6. You can have another child still
7. She was such a good person God wanted her to be with him
8. I know how you feel
9. She did what she came here to do and it was her time to go
10. Be strong

For questions go to:



<https://grief.com/10-best-worst-things-to-say-to-someone-in-grief/>



Self-Care Contract

I _____ promise to engage in
(name)
_____ for my grief self-care
(amount of time/# of activities)
every _____.
(day or week)

What self-care looks like to me...

Emotional



Physical



Spiritual



Social



Creative



Intellectual



www.whatsyourgrief.com



In Dreams

Wont you come
To me tonight?
I miss you so
Since gone from sight

I feel your presence
Night and day
And notice signs
You send our way

I'll be here waiting
'Til you do
I long to sit
And talk with you.

So if your with us
As it seems
Please come and visit
Me in dreams.

-kp

Out of the Ashes / FB



BIRTHDAYS REMEMBERED

Cindi Talor	6	2	1975
Gail Garcia-Hererra	6	3	1960
Brad Amack	6	4	1971
Jesse Harris Pejko	6	4	1986
Clair Weaver	6	5	1940
Clarence Thomas	6	6	1983
Tristen Bingham	6	6	1998
Jackie Gallegos	6	7	1966
Jim Gardner	6	7	1949
Kathleen Annette David	6	7	1958
Michael Ned	6	11	1964
Natalie Lynn	6	12	1978
Mary Anne Southwick	6	13	1933
Danny Stanazyk	6	14	1978
Paris Lamar Davis	6	14	1981
Donna Wayne	6	21	1967
Jacy Kadison Marshall	6	21	1981
Nick Thelley	6	22	1972
Daniel Mauser	6	25	1983
Pamela Sue Alger Stone	6	25	1959
Jared Whitney	6	26	1971
Raymond Albert Nieto	6	26	1976
Robert Ursetta	6	26	1970

Terry Sheeran	6	27	1957
Nancy Begg Shoupp	6	29	1963
Eddie Hairston, Jr.	6	30	1938

*We apologize if we have missed any dates or they were posted incorrectly. Please alert the Editor know and we will update our records accordingly.

Thank you!



IN MEMORIAM

Guy Oliver Morton	6	0	1975
Latoya Cisneros	6	1	1999
David Wesley Stewart	6	2	1992
Lindsey Kay Creason	6	3	1993
James Sanchez	6	5	2011
Nathan Engle	6	5	2011
Daniel Chavez	6	6	1993
Jeff Walker	6	7	1997
Jake Steinbredner	6	8	2016
Shashan S Ortiz	6	8	1986
Jodi Carrigg	6	9	1996
Miranoa Rose Linn Baca	6	9	2006
Chris Irish	6	10	1994
David Blea	6	12	1997
Edward Perez	6	12	2004
Donna Wayne	6	13	1986
Pamela Sue Alger Stone	6	13	1982
Lonnell Friend	6	16	1993
Matthew Boysen	6	18	1998
David Aric Rothrock	6	19	1994
Jason Paiz	6	19	1997
Chad Ferguson	6	20	2010
Javad Marshall-Fields	6	20	2005
PJ Pierce	6	21	2005

Cathlynn Morse	6	23	2002
Katheryn Gonzales	6	23	1999
Leslie Gonzales	6	23	1999
Rebecca Lynn Gonzales	6	23	1999
Robert Grau	6	24	2008
Anne Elise Gibson	6	25	2017
Eddie Wayne Hairston	6	25	1995
Kip Merry	6	26	1991
Michael Julius Ford	6	26	2006
Andre` Price Jr	6	27	1995
Randy Wesely	6	29	1988
Tiffany Cuin	6	30	2008



MONTHLY MEETINGS

Support meetings are held the 3rd Saturday of every month
at **7:00 PM**

For Year: **2020**

January 18*

February 15

March 21*

April 18

May 16*

June 20

July 18*

August 15

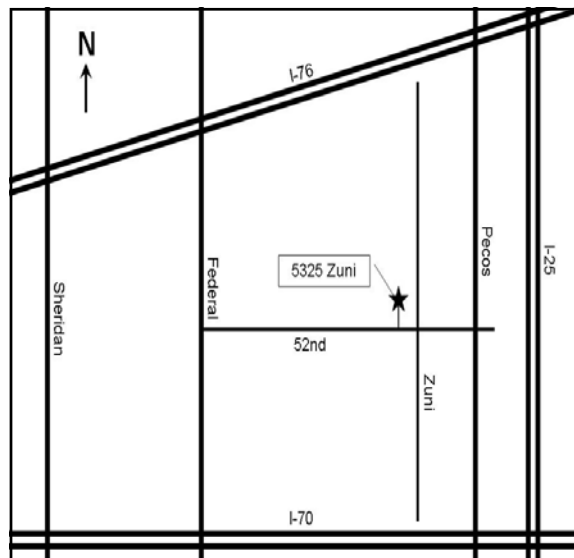
September 19*

October 17

November 21*

December 19

****Board meetings are held the 3rd Saturday of every other month at 5:30 PM***



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

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

ADDRESS SERVICE REQUESTED