

Support Newsletter

August 2022

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



Parents of Murdered
Children National Office –
Cincinnati, OH

POMC Colorado

Front Range Chapter

UPCOMING DATES!

August 30: National Grief Awareness Day

Founded by Angie Cartwright in 2014, this National Grief Awareness Day is dedicated to raising awareness about how we cope with loss and the effects of grief.

Click the Website Link for more information:

<https://nationaltoday.com/national-grief-awareness-day/>

September 25: National Day of Remembrance for Murder Victims

In 2007, the U.S. Congress designated September 25 of each year as the National Day of Remembrance for Murder Victims. The resolution states that this day provides “an opportunity for the people of the United States to honor the memories of murder victims and to recognize the impact on surviving family members.”

More details to follow on the commemorative event.

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“You Are Not Alone”

www.colorado-pomc.org

The Mission of POMC:

POMC makes the difference through on-going emotional support, education, prevention, advocacy, and awareness.

“We Are Here to Help”

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

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Website: www.pomc.org
Office: (513) 721-5683***

Love Gifts

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

None currently

Comfort Corner

Carrying the Grief of the World

The grief we carry is part of the grief of the world.

Hold it gently.

Let it be honored.

You do not have to keep it in anymore.

You can let it go into the heart of compassion; you can weep.

Releasing the grief we carry is a long, tear-filled process.

Yet it follows the natural intelligence of the body and heart.

Trust it, trust the unfolding.

Along with meditation, some of your grief will want to be written, to be cried out to be sung, to be danced.

Let the timeless wisdom within you carry you through grief to an open heart."

— Jack Kornfeld

Click the Website Link for more information:
[Survivors Newsletter \(pomc.org\)](http://pomc.org)

Donations

Love Gifts provide restorative resources for the participants of the Colorado Front Range Chapter.

Make Checks Payable to:
POMC
18121 E. Hampden Ave
Unit C #145
AURORA, CO 80013

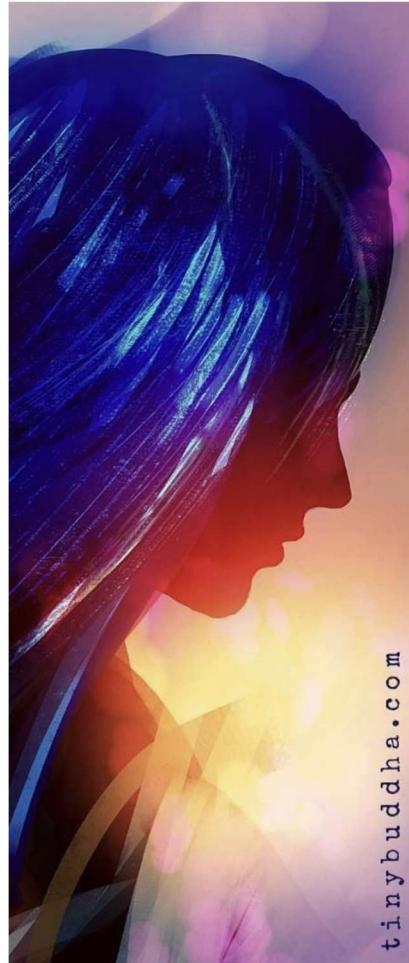
PAYPAL ACCOUNT:
pomccolorado@gmail.com

Donations are tax-deductible.
Federal ID: 31-1023437

*If you wish to be acknowledged in the POMC newsletter, please ADD A DONOR NAME in the FOR section of your check or ADD A NOTE if donating by PAYPAL.

Acknowledgements are located on Page 3.

Mindful Meme



GRIEF

is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.

Jamie Anderson

Trials & Hearings

Member Experiences...

None currently

What Happens at Meetings?

POMC local Chapters hold monthly meetings, provide a telephone network of support, supply information about the grief process, organize a speakers' bureau and provide accompaniment for survivors who attend court proceedings. Many Chapters publish their own newsletter.

In areas where there are not enough members to sustain a Chapter, Contact Persons provide much of the same level of support.

Most meetings begin with introductions and each survivor telling of his/her loss. Often there is a topic to guide discussions such as the grief process, the criminal justice system or favorite memories. Usually meetings revolve around group member's own knowledge and experiences but occasionally outside speakers are invited to present information and to learn from survivors.

One member said "In the meetings, people are so supportive, you don't have to be afraid to say what you feel. No one is there to judge your feelings or to persuade you to think differently."

A reporter described a meeting in Wisconsin: "These mothers and fathers talked about their feelings of anger, hopelessness, bitterness and their seemingly endless grief. No one told them 'Forget about it' or 'You should be over that by now'.

As members help one another by sharing experiences, feelings and insights and by allowing others to do the same, their grief is somehow lessened.

Click the Website Link for more information:

[What Happens at Meetings? \(pomc.org\)](http://pomc.org)

Meeting Information

Want to attend via Zoom or in person? No problem!

Email:
POMCColorado@gmail.com
to receive more information.

See you then!

Additional Information

This newsletter is published monthly by volunteers and it is the official publication of the Front Range Chapter of POMC. Articles, poems, recipes, and letters from members are welcomed.

Email:
POMCColorado@gmail.com.

Note: They may be edited for length and conciseness.

P.S. We'd love your feedback! Email:
POMCColorado@gmail.com
with comments and suggestions.

Monthly Meetings

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

For Year: 2022

January 15*
February 19
March 19*
April 16
May 21*
June 18
July 16*
August 20
September 17*
October 15
November 19*
December 17

*Board meetings begin at 5:30 PM