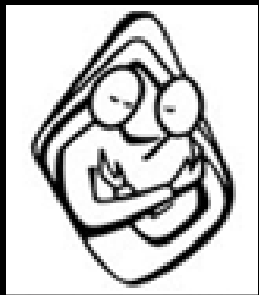


Support Newsletter

March 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

Guess what's right around the corner?

The 36th Annual POMC Conference!!

Date: July 21-24, 2022



Sheraton Westport Lakeside Chalet
191 Westport Plaza
St. Louis, MO 63146
Room rates \$115.00 plus tax
1-888-627-7066

Please reference Sheraton Westport Chalet and POMC

Birthdays Remembered & In Memoriam

National POMC has recommended that due to reports of identity theft, we no longer list our loved one's birth and death dates. We apologize for this change but for the protection of our loved ones, we will no longer be listing our loved one's names on the anniversaries.

Contact Us

Phil Clark - Leader

303-748-6395

POMCColorado@gmail.com

Tiffany Starrett - Treasurer

303-601-2416

trstarrett@comcast.net

Juli Jenicek - Secretary

720-666-2993

Julie Rudnick – Board Member

720-822-6551

Andy Starrett – Board Member

303-601-4165

Joe Cannata – Resource

303-345-7301

kaknota@aol.com

Kaye Cannata – Resource

720-366-4165

kaknota@aol.com

“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.

***POMC National Office
635 W 7th Street, Suite 104
Cincinnati, OH 45203
Email: natlpomc@pomc.org
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

I Still Talk to My Loved One

Talking to your spouse was the most natural thing in the world to you. Why wouldn't it feel natural to continue talking to him even though you know he is no longer physically present? After a loved one dies, there is such a silence. Many find that talking to their loved one helps to fill that silence and bring them comfort and reassurance.

If your loved one was somebody from whom you sought advice when making a decision, it is natural to want to talk out the options. Oftentimes, you know what his answer would be and you feel a sense of peace in realizing that.

Communicating with someone who has passed does not mean you are crazy. It simply means you are wanting to keep the connection active with that person. There is nothing wrong with that. Sometimes that connection is through talking out loud and sometimes it is through the written word. There are many people who find comfort in writing to their loved ones and being able to express thoughts and feelings to them.

Talking to your deceased loved one can be helpful as you go through the grieving process. You may notice that as time goes by, the need to speak to him may decrease. This doesn't mean you are missing him any less or that you are done grieving. It simply means you are moving through your grief and perhaps you are in a place where you feel comfortable having the connection without the conversation.

Click the Website Link for more information:

<https://bestcareeap.org/resource-hub/monthly-newsletter>

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

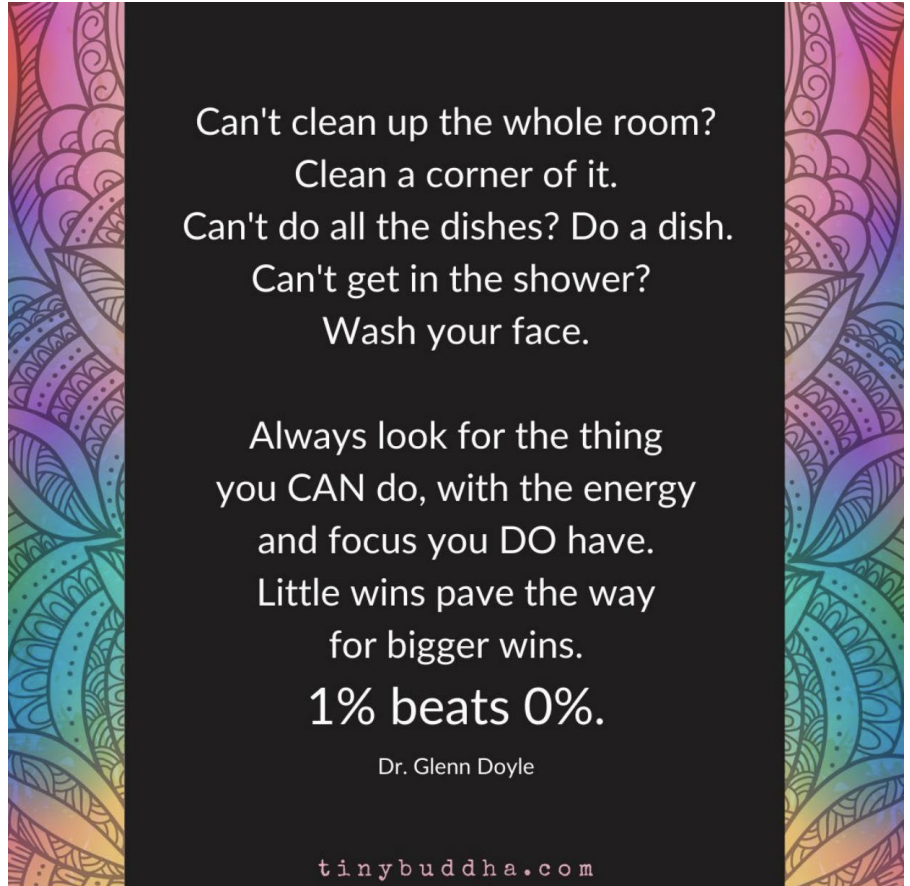
PAYPAL ACCOUNT:
pomccolorado@gmail.com

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



Trials & Hearings

Member Experiences...

None currently

Let's "Talk" Grief

From the February's newsletter, we asked you to submit your photos and any captions of pictures that express your feelings, and here they are...



Submitted by: Julie Rudnick



Submitted by: Pam Lively, Angie Sicola's Mom

Originally made for the Swedish pavilion at the World Exhibition in Seville in 1992 this heartbreakingly beautiful sculpture in Lake Geneva, Switzerland by Albert Györfy that is called Melancholia. It was created to depict the emptiness one feels when facing the loss of a child. Anyway, this sculpture always speaks to me in that it depicts that huge hole of grief.

The weight of grief.

This amazing artist (Celeste Roberge) found a way to convey the physical feeling of grief.



Submitted by: Juli Jenicek

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