

Support Newsletter

May 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

Click the Website Link for more information:

<https://www.jeffco.us/3830/Courage-Walk>

Board Member Reminder

Don't forget... we are always looking for those interested in participating.

"I think there's incredible pride in giving meaningfully to something that I care about."

"Serving on the Board of an organization that I admire may be one of the most rewarding and valuable decisions I've made."

Contact a current board member today!

Contact Us

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303-748-6395

POMCColorado@gmail.com

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303-601-2416

trstarrett@comcast.net

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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

How To Love Someone Who Is Grieving Their Child

By: Emily R. Long, February 24, 2017

When someone you love has experienced the loss of a child, it's hard on everyone. They are engulfed in a sea of unbearable pain and grief and sorrow while you may be struggling to stand beside them, wondering what to say, what to do, and what they need. You love them dearly, but you don't really know what they are going through and you don't know what to do.

Maybe you're grieving too. Maybe you're suffering as you witness their suffering. Maybe you feel helpless. Maybe you find yourself saying all the wrong things because you don't know what else to say. Maybe you want to love them through this, but no one taught you how to do that. It's ok.

Most of us don't really know how to navigate this thing called grief. They don't teach Grief 101 in high school (although, perhaps they should!).

In an ideal world, your heartbroken loved one would be able to say, "Here, this is what I need. This is how you can help me." Unfortunately, that's generally not how it works. They have been crushed by a devastating loss and, chances are, they're giving everything they have to simply get out of bed in the morning. Trying to articulate what they need and what kind of support they want probably feels next to impossible.

Fortunately, loving a grieving friend or family member isn't as complicated as it can seem. Generally, it's simply about being a compassionate and kind human.

Show Up

First and foremost, show up. Be here.

Show up at their door. Run errands for them. Do their laundry. Make them meals and sit with them to ensure they eat (many times in early grief people lose their appetite and don't eat regularly). Lay on the bed and hold them while they cry.

Continue to show up for months or years – this is a lifetime loss and they will need you for a lifetime. Text them. Call them. Send cards. Remember birthdays and anniversaries of their child's life. Help them plan birthday parties and holiday remembrances and show up

for death anniversaries. Mark them on your calendar so you don't forget – because they won't. And they won't forget those who show up for them.

You will likely say or do the wrong thing at some point. It happens. But if you are willing to keep showing up and work through the discomfort, that's what will matter. That's how you'll help.

Be Patient

Grief is not short lived. Nor is it linear or simple or logical.

Grieving a child takes a lifetime. We love our children for a lifetime and we will grieve them for a lifetime. Society likes to tell us that after a certain period of time, grief should be completed and we should be ready to find "closure" and "move on."

To be quite honest, if you buy into that way of thinking, you will struggle to be able to support your loved one as long as they will need you to.

Your friend or family member will grieve far longer than you will want to hear about it or be around for it. This is where they will need you to be patient and understanding.

Those who grieve their child(ren) will eventually find a way to live with that grief and that aching hole in their life, but they will never stop missing their child or longing to hold them. Birthdays and holidays and anniversary dates may be painful and challenging for the rest of their life.

When you find yourself tiring of their grief or wanting them to "get over it already," remember – they are far, far more exhausted and sick of grieving than you can even imagine. This is when they need you most to keep showing up.

Listen

While you might be struggling to know what to say, it's likely your loved one really just wants someone who will listen.

Really, truly listen. To their fears. To their grief. To their doubts and guilt and regrets and questioning. To the part of them that feels like they've failed their children. To their anger and their rage at the injustice of their children's lives being cut short. To the urges of grief that make them feel crazy and abnormal.

Let those you love simply talk with you and be heard without judgment or false optimism. Don't try to fix it or to help them feel something different – just listen.

Listen and when you want to object to something they are saying, or inject your own thoughts, stay silent and listen even more.
Listen and then simply tell them that you love them and you are here.

Forgive

Here's the honest truth: For a while, your friend or family member isn't going to be a terribly great friend or family member.

They probably won't always show up for holiday celebrations or birthdays or fun outings. They'll probably forget your birthday and anniversary and other special occasions. They may not feel up to attending baby showers and children's birthdays or being around babies and kids at all (this particular thing might last for years).

In that first year after their child died especially, they will probably forget things you told them or make plans and either forget about them or cancel at the last minute because they just couldn't get out of bed that day.

When you complain about every day matters like being tired or your child acting up or the co-worker you can't stand, they may not engage in the conversation the way they used to or may tell you that you're overreacting. It's not that they don't care about your difficulties, it's simply that what they've experienced is so overwhelmingly huge everything else feels small and meaningless in comparison.
So, when they can't be the friend or family member you remember or want them to be, forgive them.

They're still learning how to navigate life after the entire landscape has changed – not unlike being dropped in a foreign land with no map and no way to communicate.

Get to Know Them

However long you may have known your loved one or how well you might have known them, be prepared to get to know them all over again.

The loss of a child changes us in irrevocable ways. Your friend or family member isn't the person they once were and they will never fully be that person again. Grief has forged them into someone new.

Don't be surprised if they don't respond to things the way they once would have or if they suddenly aren't interested in things they used to love or if the beliefs about the world they used to hold so dear are ones they cannot abide by anymore.

No, they won't be the person you remember and loved so very much. Grief will change and morph them into someone new –

and even that will change and morph again over time.

But don't give up on them too quickly. They may not be the person you knew, but you might really love the person they have and are becoming. Take time to get to know the new post-loss them.

Remember

Finally, if you do nothing else, remember with them.

Help them remember their child through the years and comfort them with the knowledge that their child has not and will not be forgotten.

Share memories with them. Say their child's name. Remember their child's birthday. Honor them on the holidays and for Mother's and Father's Day. Donate in their child's name.

Read articles like this one and discuss it with your friend or family member.

Give your loved one the gift of remembering their child. It's the greatest gift you can give.

And above all else, love them. Love them so deeply and openly and clearly they can't help but feel it radiating from you. They need you and they need that love.

Love them fiercely.

Click the Website Link for more information:

<https://pomc.org/survivor-support/survivors-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

How To Work Through Your Emotions

Name the Emotion

- I am feeling _____
- (Examples: Angry, Sad, Fearful, Worried)
- I felt like _____ (describe feeling in a few words).

Identify the Cause

- I was _____ (where)
- I remember noticing _____

Identify the Behavior

- When I felt _____, I _____ (behavior/action)
- What I wish I had done was _____.

Challenge the Emotion

- Was my _____ (feeling) appropriate to the situation?
- Is this situation a distress that I can control?
- If it is out of my control, is this a distress I have to accept and tolerate?

Nawal Mustafa; M.A. @thebraincoach

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)

2022 Courage Walk

Thank you, Jefferson County, for hosting such a beautiful event!



10-POMC Colorado Front Range Chapter



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