

## Support Newsletter

September 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!

**September 24<sup>th</sup> (Saturday): National Day of Remembrance for Murder Victims**

Location:

DPD District 3 Community Room

1625 S University Blvd, Denver, CO 80210

Time 11-12:30

For those that are new to the National Day of Remembrance, we will start with a couple of speakers. Then anyone that wishes, can bring a picture of your loved one, step up to the microphone and say their names, birth and death dates and their age. To allow time for everyone to be able to participate in the ceremony, we ask that everyone keep their statements to name, birth and death dates and age.

**Click the Website Link for more information about the history:**

<https://pomc.org>

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### 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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## **“You Are Not Alone”**

[www.colorado-pomc.org](http://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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Office: (513) 721-5683***

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## Love Gifts

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

None currently

## Comfort Corner

### "My friend just died. I don't know what to do."

Someone on reddit wrote this heartfelt plea online. A lot of people responded. Then there's one old guy's incredible comment that stood out from the rest that might just change the way we approach life and death.]

"All right, here goes. I'm old. What that means is that I've survived (so far) and a lot of people I've known and loved did not. I've lost friends, best friends, acquaintances, co-workers, grandparents, mom, relatives, teachers, mentors, students, neighbors, and a host of other folks. I have no children, and I can't imagine the pain it must be to lose a child. But here's my two cents.

I wish I could say you get used to people dying. I never did. I don't want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don't want it to 'not matter.' I don't want it to be something that just passes. My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it. Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. And the scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can't see.

As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while.

Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come farther apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can

#### 4-POMC Colorado Front Range Chapter

be just about anything... and the wave comes crashing. But in between waves, there is life.

Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O'Hare. You can see them coming, for the most part, and prepare yourself. And when they wash over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

Take it from an old guy. The waves never stop coming, and somehow you don't really want them to. You learn that you'll survive them. And other waves will come. And you'll survive them, too. If you're really lucky, you'll have lots of scars from lots of loves. And lots of shipwrecks."

Click the Website Link for more information:

[Survivors Newsletter \(pomc.org\)](http://pomc.org)

## Donations

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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

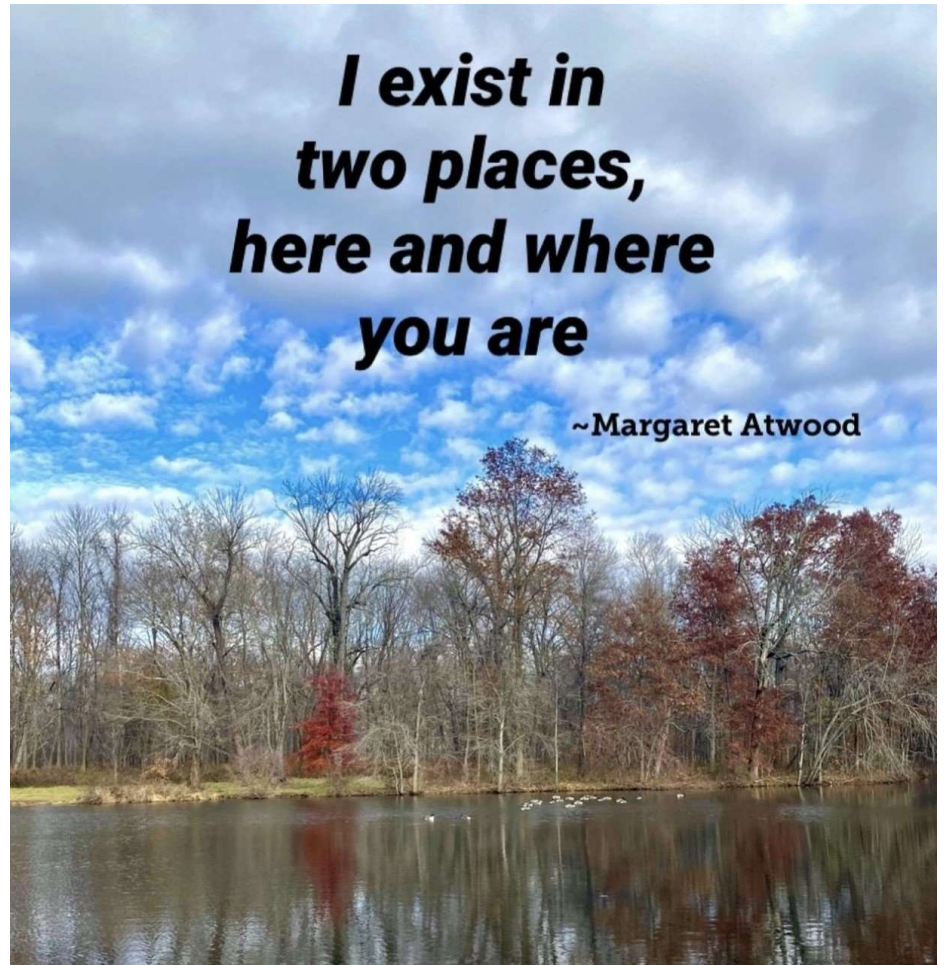
PAYPAL ACCOUNT:  
pomccolorado@gmail.com

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

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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

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

Email:  
[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)  
to receive more information.

See you then!

## Additional Information

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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](mailto:POMCColorado@gmail.com).

Note: They may be edited for length and conciseness.

P.S. We'd love your feedback! Email:  
[POMCColorado@gmail.com](mailto: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