

Volunteers needed for our Annual Butterfly Release ceremony held in May!



www.TylerTCF.org

Thanks to Skillern's Business Systems for printing our newsletter!

Skillern's Business Systems
1604 Grande Blvd., Tyler, TX 75703
903-561-5591 • www.skillerns.com

Please join us at 17555 Hwy. 155 S. (off Loop 49), Flint, TX 75762.
We hope to see you at our next meeting!

We need not walk alone.



THE COMPASSIONATE FRIENDS
P.O. Box 9714
Tyler, Texas 75711



**The
Compassionate
Friends**

Supporting Family After a Child Dies



We need not walk alone.

Volume 20, Issue 4

Tyler, Texas

April 2019

Monthly Group Meeting

Tyler Area Meeting
17555 Hwy. 155 S.
(off Loop 49) Flint, TX 75762
3rd Monday of the month, 6:30 p.m.
Find us on Facebook @TylerTCF

Contact

Phone: (903) 422-0358
www.TylerTCF.org • info@TylerTCF.org
P.O. Box 9714 • Tyler, TX 75711

Co-Chapter Leaders:

Cheri Zucca & Trish Mann Taylor
Secretary: Trish Mann Taylor
Newsletter/Website: Mary Lingle
Tyler Meeting Facilitator:
Heather Ogg

Steering Committee: Cheri Zucca, Don & Leslie Dixon, Janet Majors, Trisha Mann Taylor, Barbara Barton, Heather Ogg, Kim Cathey, Mary Lingle

Joan & Bill Campbell, Regional Coordinators: (972) 935-0673
TCF National: (877) 969-0010
www.compassionatefriends.org

The Meeting Agenda

6:30 p.m. - Meeting will begin with refreshments followed by announcement of birthdays and anniversaries and reading of the Credo. We will then have open discussion.

8:00 p.m. - Meeting will close by recognizing our childrens' names. Feel free to visit after the meeting or check out books from our library.

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Butterfly Release

Butterflies will be released in memory of all our children at the 2019 Compassionate Friends Butterfly Release set for Saturday, May 18 at 11 a.m.

The setting for this uplifting and peaceful event will be at The Children's Park, corner of Dobbs and Broadway in Tyler. (We are asking for donations to cover the cost of the Children's Park.) Check can be mailed to our P.O. box. Volunteers are needed for setup on Friday starting at 4:30 p.m. and early Saturday morning at 6 a.m. We will also need some help after the program for take down. We hope you'll join us for refreshments after the ceremony.

Live butterflies are for sale for \$10 each and must be reserved in plenty of time for ordering. Please send your check and reservation information to TCF at P.O. Box 9714, Tyler, Texas 75711. Reserved butterflies will be picked up for release the day of the event.

Colorful solid-painted wooden butterflies will be sold for \$20 each at the Butterfly Release. We are not taking special orders for personalized butterflies this year. Please let us know as soon as possible, if you are attending, the name of your child(ren) and how many butterflies and wooden butterflies you'd like to purchase. (See order form on page 5.)

If you have a butterfly sign please put it out around the first of May. We will be sending an email closer to time so you can pick up your sign if we are storing it.

We are doing a silent auction this year. If you'd like to donate an item, please let us know. We look forward to seeing old friends and meeting new ones at the Butterfly Release. Your presence means everything to this very special event!

Photos from a Previous Butterfly Release



The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.



We need not walk alone.

"Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart." —Evelyn B.

Welcome

We extend a warm welcome to those who attended their first TCF meeting last month.

We deeply regret the circumstances that brought you to our TCF Chapter. The Compassionate Friends is a mutual assistance, not-for-profit, self-help organization that offers support and understanding to families who have experienced the death of a child. You are cordially invited to attend our monthly meeting (held the third Monday of the month). The meeting is open to everyone and free of charge. You are free to talk, cry or to sit in silence; we respect the individuality of mourning. Comments shared in the meetings remain confidential.

Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF. Your voluntary, tax deductible donations honor your loved one(s) in a meaningful way by enabling us to print and mail this newsletter and meet other expenses involved in reaching out to other grieving families (100% of funds are used for this outreach). Donations, along with the name of the person being honored, may be sent to:

The Compassionate Friends of Tyler
P.O. Box 9714
Tyler, Texas 75711

To Our New Members

Coming to your first meeting is the hardest thing to do. But, you have nothing to lose and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third or fourth meeting might be the time you will find the right person—or just the right words spoken that will help you in your grief work.

To Our Old Members

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting we have new parents. Think back—what would it have been like for you if there had not been any "oldies" to welcome you, share your grief and encourage you? It was from them you heard, "Your pain will not always be this bad; it really does get softer."

Grief Resources

Note: Some resources are based on individual opinion and experience and are not officially endorsed by the organization. The hope is that you may find a grief resource helpful to you and your family. We will continue to build on our resources column. Please let us know of any of your personal recommendations. Thank you.

Compassionate Friends (International Website) compassionatefriends.org
Also offers grief support for **siblings & grandparents**

The Childrens Park: www.childrensparktyler.org
Glory Babies meets the third Tuesday of every month at 6:30 p.m. at Alison house next to The Children's Park of Tyler: www.glorybabies.com

GriefShare: www.griefshare.org

Smith County Victim Services Division
www.tdcj.state.tx.us/divisions/vs/counties/smith.html

The Hospice of East Texas: www.hospiceofeasttexas.org

Victim Services Division - Texas Department of Criminal Justice - Online Resource Directory
www.tdcj.state.tx.us/divisions/vs

Survivors of Suicide: www.allianceofhope.org

Samaritan Counseling of Tyler: www.scctyler.org

Tyler Counseling & Assessment, LLP: www.tyler-counseling.com

Angel Layettes brings comfort to families grieving over the loss of an infant from miscarriage, stillbirth or death shortly after birth, and honor and dignity to the memory of the precious baby. Angel Layettes provides without charge custom designed burial layettes and keepsakes. angellayettes.org • 903-534-5212

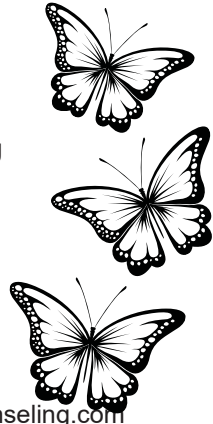
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

The Cope Foundation: www.copefoundation.org

Grief Camps for Kids: www.moyerfoundation.org/programs

WINGS was established through Hospice of East Texas in 1993 to help children navigate the grieving process. WINGS, "a comprehensive bereavement program that provides both emotional support and grief education," offers a camp (Camp G – grieve, grow and go forward) twice a year. For more information or to register for a grief support program, contact the Hospice of East Texas Bereavement Department at 903-266-3400 (Extension 127) or call 1-800-777-9860.

Group Meetings for Survivors of Trauma and Survivors of Suicide Loss, sponsored by Michael's House of Hope at the New Life Worship Center, 18535 Hwy. 69 S., Tyler, room 620. Call Dr. Timothy M. Roddam at 903-681-3161 for more information. Survivors of Trauma meets the second Thursday of each month from 6-7 p.m.



We're on Facebook! Search for The Compassionate Friends of Tyler and Like our page.



The Compassionate Friends of Tyler

P.O. Box 9714
Tyler, TX 75711

We are happy to send our newsletter to you. We hope that it is helpful to you to be kept informed of chapter resources and activities and that you still wish to receive our newsletters that contain excellent material relating to grief issues.

To keep our mailing list current, we do ask to hear from you each year making sure that our information is correct and that you still wish to receive our mailings. If we did not hear from you in the last year please indicate any appropriate choices below and return the form to the address at the bottom of this page.

Your Name: _____

Child's Name: _____ Relationship: _____

Birth Date: _____ Death Date: _____ Cause of Death: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Telephone: _____

E-mail: _____

Please check any of following that apply:

Due to the rising cost of postage, please send newsletters via email. My email address is _____.

I prefer not to receive the newsletter via email and would like to continue having a hard copy sent to the mailing address you have on file for me.

Please update my mailing address: _____

No thank you, I'd prefer to stop receiving the newsletter. (Newsletters are posted monthly on our website.)

Please include my child's name and picture in the slide presentation at the Candle Lighting Ceremony.

Please include my child's picture and information on the TCF Tyler Web site. (www.TylerTCF.org)

I am enclosing a memorial to support The Compassionate Friends in the amount of _____
Please make check payable to TCF

In memory of _____

Please use this gift for: TCF Newsletter Butterfly Release Candle Lighting TCF Events

The continuation of this chapter's work depends on donations. If you have not taken the opportunity to give a donation in memory of your child please consider taking this time to give a gift that will help reach out to other newly bereaved parents.

We must have your written permission on file to use your child's name and/or picture in the newsletter, Web site, Candle Lighting Ceremony or any other TCF event. Permission may be withdrawn at any time by written request. This information is used to maintain our Chapter Database. It is confidential and is only utilized for Chapter activities such as the newsletter.

(Signature) Date: _____

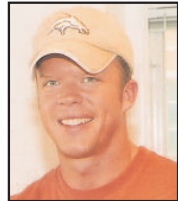
Please return completed form to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, TX 75711



We need not walk alone.

"He that conceals his grief finds no remedy for it."
—Turkish Proverb

April Birthdays



Matthew Thomas Crooks



Jarren Moser



Kyle Monroe Foster



Jeremy Newman



Timothy Treadwell



Pablo Salinas



Christopher Loper



John Patrick Carnahan



Leon Wayne Lasiter



Brady Bryant



Brian St. Clair



Wayne Clinton Davis



Tim Cole



Kaila McKinsey Payne



James Permenter



Collin Ray Sheffield



James Lee Lary, II



Joel Tucker



Cheryl Cook



Kathy Robertson



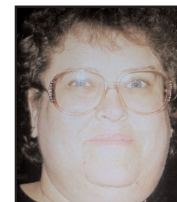
Eric Branch



Margie Starkey



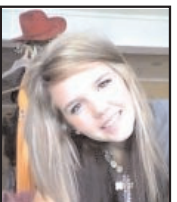
Herby Parr



Maryn McIntire



Daniel Wayne Thornton



Cheyenne Ramirez



Cameron Lee Robinson



Derek Nolan Simoneaux



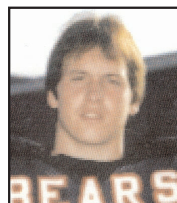
Russell McGilvray



Isaih Eli Moa



Allen Price



Christopher Baggett



Joe Maland



Karrie Voyles



Jeremy Kersh



Joshua Walker

Continued on next page.



We need not walk alone.

"Give me strength to break out of the cocoon of my grief. But may I never forget it is the place where I grew my wings, becoming a new person because of my loss." —Janice H.

Are We Bitter? It's Our Choice

Marilyn H., TCF Redlands, CA

A few years ago I received a phone call telling me that a drunk driver had killed my friend's husband. The caller said I should go to see my friend. My first thought was, I don't really know the widow all that well. I'm sure she will have lots of friends to help her. What if she doesn't want to see me? What if she thinks I'm intruding?

After some internal struggle, I went to my friend's home. As I walked in, everyone became quiet, and then a whisper sort of rippled around the room, "Marilyn is here!" I saw my friend sitting on the couch. She motioned for me to come sit by her, and she whispered, "I've been hoping you would come. I have so many questions and I think you can answer my questions." My friend and I talked so easily that I nearly forgot anyone else was in the room.

That day I realized that I had gained a position of credibility because I had experienced the death of three of my four sons. Had I asked for that credibility? Absolutely not! But I got it anyway. The only choice I had in the matter was what I was going to do with my experience. Anna Quindlan stated, "Our lives are defined by those we have lost." I read that quote years ago, and it stuck with me. So what does it mean?

I think it means that once we have walked through the terrible trauma of the death of our precious child our lives are changed forever. How our lives have changed is totally up to us.

Because our child died:

We can be more sensitive to others.

We can be more observant and notice when others seem to feel sad.

We can show up quickly when someone dies.

We can answer the question, "Am I going crazy?"

We can help someone know it is normal to want to see their deceased child.

We can sit and hold someone's hand when they are afraid.

We can remember the death date of a child.

We can let others know they needn't fear they might forget their child. It won't happen.

We can be the one to remember special days of our bereaved friends.

We can be the one to help empty out a deceased child's room.

We can be the one to understand because: we are different.

We have let our lives be defined positively by those we have lost.

Here are the other choices.

Because our child died:

We can choose to be insensitive.

We can choose to be indifferent to other's pain.

We can stay away when a tragedy happens to someone else.

We can refuse to offer comfort.

We can refuse to talk about our pain.

We can cause others to feel uncomfortable and afraid to mention our child's name.

We can allow our lives to be negatively defined by those we have lost.

It's up to us. We can be bitter or better. It is our choice.

Prayer for Spring

Like Springtime, let me unfold and grow fresh and anew, from this cocoon of grief that has been spun around me. Help me face the harsh reality of sunshine and renewed life, as my bones still creak from the winter of my grief. Life has dared to go on around me, and as I recover from the insult of life's continuance, I readjust my focus to include recovery and growth as a possibility in my future. Give me strength to break out of the cocoon of my grief. But may I never forget it is the place where I grew my wings, becoming a new person because of my loss.

Janice H., TCF Coquitlam, BC Canada/Portland, OR





We need not walk alone.

"But eventually we must seek balance, find ways of coping with our soul-shattering loss and ground ourselves in our new reality. The Compassionate Friends has done all of that for me. But, I had to take the first step." —Annette Mennen Baldwin

April Anniversaries



Shane McDade



Jeremy Mark Lawler



Andy Hall



Sally Snodgrass Ryan



Chad Cavazos



Kody Maner



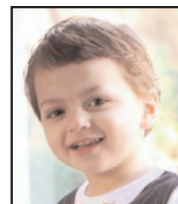
Quinn Martin Muirhead



Christal Murphy



Lindsey LeMon



Tripp Barton



Deanna Holcomb



Joshua Carl Tucker



Lindsey Stewart



Ron Mitchum



Jessica Maureen Nix



Charlie Clakley



Russell McGilvray



Jamye Marie Crawford



Zackery Browne



Heath Hopson



Alexandria Conway



Ashley Allison



Shanette Bland



Kristi Diaz



Sarah Harvey



Jill Tompkins



Stephanie Carol Hester



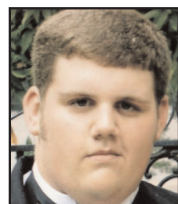
Bobby Knott



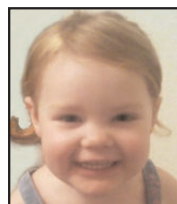
James Rowland Allen



Brandon Whitfield



Patrick Bowman



Sydney Jane Farris



Caleb Herrera



Zain Hussain



Tommy Gresham



Melinda Orr

Continued on next page.



We need not walk alone.

"Does it help to know that if we didn't love so very much, it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I'm very glad I loved." —Darcie D. Sims

April Anniversaries Cont.



Rachel Wilder



Melissa Helsel



Colin Ray Sheffield



Trisha Thomas



Vanessa Wilcox



Larkin Grace Allen



Kathryn Michelle Grimes



Jiree Mobley

Please share your stories, poems or love messages for inclusion in our newsletter.

Find us on Facebook at: [Facebook.com/TylerTCF](https://www.facebook.com/TylerTCF)

Toni Wood

In loving memory of Toni

by Tami Wooldridge



This month's newsletter is sponsored by Tami Wooldridge.

Newsletter sponsorship is \$75. Contact us if you'd like to be a sponsor in memory of your loved one.





We need not walk alone.

"To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness." —Erich Fromm

TCF Quilt Announcement!

We are compiling names and photos for our 7th quilt! Please mail your \$30 donation for a square, child's name, and make sure we have a quality picture of your child that will show up well. Let us know quickly as we anticipate the list of 30 will fill up fast. You can mail your donation to TCF Tyler PO Box 9714 Tyler Texas 75711, please note on your check what it is for. Photos or questions can be emailed to info@TylerTCF.org.



Butterfly Release 2019

Please consider volunteering for our Annual Butterfly Release in May. If you would like to help this year, please call the TCF line at 903-422-0358.

In loving memory of Andrea Young and Cynthia Harper by A.R.Young



Thanks for your donations and continued support of TCF of Tyler.

In loving memory of Alex Conway by Robert & Trisha Taylor



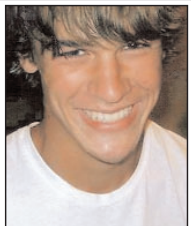
In loving memory of Candice Lingle by Mary Lingle



In loving memory of Andy Terrell by David & Teresa Terrell



In loving memory of Chris O'Leary by Merri Walsh



In loving memory of Leah Zucca by Jim & Cheri Zucca



In loving memory of Chad Cavazos by Dale Cavazos



In loving memory of Christopher Loper by Tina Loper



In loving memory of Jared Sheets by Carol & Shane Johnson



In loving memory of Stephanie Settle by Danny & Pat Settle



We need not walk alone.

"The risk of love is loss, and the price of loss is grief. But the pain of grief is only a shadow when compared with the pain of never risking love." —Hilary Stanton Zunin

April Birthdays Cont.



Jason Bollard



Kathryn Michelle Grimes



Samuel Cade Castleberry



Ana Dannel Franklin



Jordan Deon Mims



Noah Bass



Jennifer Musick



Kappy Lane Kolb



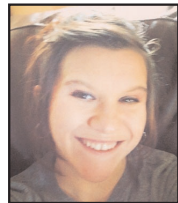
Megan Parrish



Patrick Bowman



Derek "Lance" Moss



Antonia Rothrock



Johnny Snyder

"Hope is the feeling that the feeling you have isn't permanent." —Jean Kerr

Order Form for Butterflies and Wooden Butterflies/Stakes



Please fill and cut out the form below and mail your check to P.O. Box 9714, Tyler, TX 75711 to purchase items for the May Butterfly Release.

Yes, I would like to have my child included in the butterfly garden

Child's/Children's name(s): _____ (required)

Number of Live Butterflies: _____ (\$10 each)

Number of Wooden Butterflies: _____ (\$20 each)

Your name: _____ (required)





We need not walk alone.

"In the art of losing we can choose who we will be. We break, but we break open so that we can include more of life, more of love. We get bigger in order to carry with us what we choose to continue loving." —*Deborah Morris Coryell*

Where Are You?

I missed you yesterday
and looked for you
among the artifacts of your life—
your room with pictures,
the clothes that still carried your scent,
your favorite tools and books,
the tapes you loved to hear.

The very walls echoed your vitality
and carried faint memories of riotous laughter.
And so I sat there, comforted for a while,
but forced at last to confess
that although beautiful memories lingered
you were not there,
not then and not ever again.

If I could not find you yesterday
where, then, can I look today?
Who can I talk to, implore, beg
to show me the way?
Where are the hidden doorways
to the signs and wonders
others claim to see?

My musings bring no answers
so I take a walk to clear my mind.
Ahead, I see children playing,
and their laughter floating on the wind
reminds me of your own carefree approach to life.
Their running mirrors your own abandon
and the way you always found joy in simple things.

Can this be the answer
to the riddle of finding you again?
Can it be that I will hear you
in every moment of laughter?
That I will see you
in the actions of a mischievous friend,
that I will feel you in every touch of compassion?

I've always heard
that if you seek, you will find.
Perhaps the corollary to that
is that you must seek in the right places.
I've been looking in the scrapbook
of all that used to be
and found only momentary solace.

So let me look for you anew
in all the wonders and blessings of life.
I believe you are reflected there
with every expression of happiness and joy,
in every Instance of fearless exploration
and with every act of unconditional love.

©Harold Hopkins, January, 2001
In loving memory of Lance Porter Hopkins
July 20, 1975 - November 30, 1999

A Message to My Wife

The years of our marriage are few
When measured against a lifetime.
We have encountered joy
And shared confidence in our future.
We have known hope's ending
And have borne the death of dreams.
We have, together, been diminished.
Even minor aspirations have eluded
our grasp in the Cruel shadow
Of the loss of our child.
Yet, we still share our lives, and though
The brightness we once knew has fled,
We have grown enough to sense
A return of laughter—
An uplifting to shatter the dimness,
To remind us that tomorrow will come
And dreams may again be born.

Don H., TCF South Shore Boston, MA

Dancing with Angels

Looking out the window, seeing the rays of sun
Shining down on the Earth,
Warming us with its love,
Causing new growth, changes of season.

With each raindrop that falls
The Earth is nourished
Drinking the water of life,
Becoming stronger, growing with love.

Listen to the wind soaring through the trees,
It has the strength to move mountains.
Leaves dance down to the Earth
Each a different color, a different beauty.

Soon it becomes cold, and the rain turns to snow.
Snowflakes dance down to the Earth
Blanketing each seed, protecting the Earth
From nature's harsh cold.

At night, when all seems dark,
The moon's light will guide us.
The Earth is watched from far above,
Stars glimmering, dancing with light.

Like changes in season the tides turn over.
It's the love of angels, reaching down upon the Earth,
Dancing for us, if we just stop for a moment
And look out the window of life.

Elizabeth Anne Gannon, Stormville, New York
Bereavement Magazine, Nov/Dec, 1998



We need not walk alone.

"Grief over the death of a child is the hardest work that most of us will ever do. While we all wish for the pain to stop, we need to remember that we grieve intensely because we loved intensely. It is unrealistic to expect that grief to ever totally go away, because the love we have for our child will never go away. Our grief is an act of love and is nothing for which we should be ashamed." —*Elaine Grier*

Love Gifts



Thanks to the following people who make a MONTHLY LOVE GIFT to TCF of Tyler:

(For monthly donors we will post photos of your children.)

- Merri Walsh in memory of Chris O'Leary - rent
- Carol & Shane Johnson in memory of Jared Sheets - rent
- Danny & Pat Settle in memory of Stephanie - rent
- Jim & Cheri Zucca in memory of Leah - rent
- Robert & Trisha Taylor in memory of Alex Conway - rent
- Barbara Barton in memory of Lindsey - rent
- Dale & Phyllis Cavazos in memory of Chad - newsletter
- Tina, Johnathan & Heather Loper in memory of Christopher - TCF Phone
- David & Teresa Terrell in memory of Andy - rental of a storage building

See more love gifts on page 7.



Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, Texas 75711. Or e-mail text and photos to: info@TylerTCF.org; We reserve the right to edit for space and/or content.

Deadline for submissions is the 5th of each month. TCF Chapters may copy articles from this publication provided credit is given to the author and the original source.

Errors and Omissions: We try very hard to be sure that all of the names and dates of our children are correct. If you see an error in the newsletter, please contact TCF at 903-422-0358. We want to get it right and will correct the information for future use. Thanks very much.

Email Addresses: If we do not have your email address or it has changed, please email it to info@tylertcf.org so that we may email you announcements and updates about TCF of Tyler.

Sign up for email notifications of events and to be notified when the newsletter is posted online at: www.tylertcf.org

Announcements

Meeting Info: The meeting location is 17555 Hwy. 155 S. (off Loop 49), Flint, TX 75762. Our meeting is held on the third Monday of the month at 6:30 p.m. For more information, please call 903-422-0358.

Steering Committee Meeting: If you are interested in participating in our chapter by serving on the steering committee, please plan to attend a steering committee meeting. Anyone who would like to become more involved in TCF and serve on the steering committee is welcome to come! Email us at info@tylertcf.org to get involved!

News from National: Compassionate Friends National offers webinars for the public on grief related topics. Upcoming public webinars will include Death of a Child By Suicide, Pregnancy and Infant Loss, The Death of a Special Needs Child and How Can I Help When A Child Dies? Check out www.compassionatefriends.org for dates and times.

Event reminders for parents:

- If you have a butterfly release sign, please put it out the end of April or first of May.
- If we are storing your butterfly sign, please contact us to pick it up the end of April or first of May so you can put it out at place of your choice.
- Pre-Registration is required every year to have your child's picture in the butterfly garden. (We are very sorry, but due to growth we need to know who will be attending.)
- If anyone is interested in singing at the Candle Lighting in December or if you know of anyone who is blessed with musical talent, and would like to participate, please contact us.

VOLUNTEER OPPORTUNITIES!

Dear TCF Members,

As always, we welcome volunteers to serve in any capacity within our group, including sending out birthday and anniversary cards each month.

We are already planning our Annual Butterfly Release for May and would love to have your help!

If you'd like to get involved as a volunteer or steering committee member, please reach out to us. We'd love to have you aboard!

Sincerely,
Cheri & Trisha

