

A special THANKS to Melissa at Landmark Business Park for discounting our rent so that we can continue meeting at our current location!



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 21, Issue 4

Tyler, Texas

April 2020

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

Steering Committee: Cheri Zucca, Janet
Majors, Trisha Mann Taylor, Barbara
Barton, Carol Johnson, Heather Ogg,
Kim Cathey, Debra Ritchie, 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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IMPORTANT NOTICES:

We will not hold our monthly meeting in April. If you'd like to be included in a virtual meeting you can attend from your cell phone or computer, or would like to have a member of TCF call you, please text your number to 936-585-3209.

Due to lack of funds, as well as the uncertainty regarding the course of the COVID-19 virus, we will not have a 2020 Butterfly Release. Thanks for your understanding, and we hope everyone stays safe.

Important Requests from TCF of Tyler

Dear friends,

We'll get right to the point: Our monthly donations don't cover our operating expenses. We have received donations totaling under \$200 per month on the average for 2019. Over the years, many of us have donated our time, money, goods and services to keep our group afloat. We are now asking that you consider a one-time donation or a monthly donation of \$5, \$10, \$20 a month, or more. It all adds up and helps us with the following:

- Rent: \$400 per month
- Electric average: \$133 per month
- Mailing of newsletter average (approx. 300 copies mailed each month): \$156
- Paper for newsletter average: \$25 per month
- Bank fee: \$15 per month
- P.O. Box: \$6 per month
- Office supplies average: \$18 per month
- Total: Over \$850 per month

We are thankful that Skillern's Business Systems has printed our newsletter at no cost for years. If you need office automation solutions, please contact them and tell them TCF sent you. Visit them online at www.skillerns.com, or call 903-561-5591.

If you have ideas about fundraisers and/or know of a business that would like to support TCF of Tyler, please let us know. (See page 8 for more donors.) We have been in East Texas supporting our communities for over 20 years and hope to be here for years to come.

Please consider supporting TCF of Tyler.

Thanks,
TCF of Tyler Chapter

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.

"You don't heal from the loss of a loved one because time passes; You heal because of what you do with the time." —Carol Crandall

The Compassionate Friends of Tyler

P.O. Box 9714
Tyler, TX 75711

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

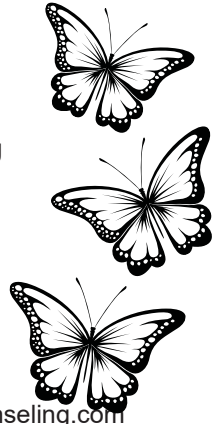
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

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.



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.

Date: _____

(Signature)

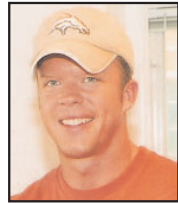
Please return completed form to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, TX 75711



We need not walk alone.

"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing; not healing; not curing; that is a friend who cares." —Henri Nouwen

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



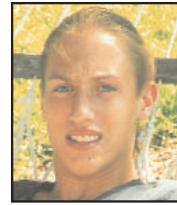
Kaila McKinsey Payne



James Permenter



Collin Ray Sheffield



James Lee Lary, II



Joel Tucker



Cheryl Cook



Kathy Robertson



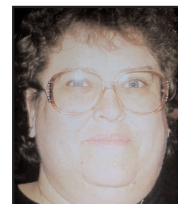
Eric Branch



Margie Starkey



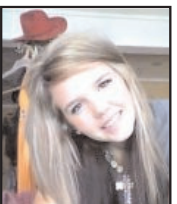
Herby Parr



Maryn McIntire



Daniel Wayne Thornton



Cheyenne Ramirez



Cameron Lee Robinson



Derek Nolan Simoneaux



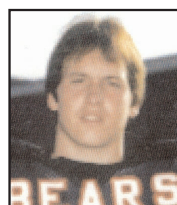
Russell McGilvray



Isaih Eli Moa



Allen Price



Christopher Baggett



Joe Maland



Karrie Voyles



Jeremy Kersh



Joshua Walker

Continued on next page.



We need not walk alone.

"I have learned that just because I have found things to feel joyful about again, it doesn't mean I am dishonoring my daughter's memory. I now take her along with me in my mind and my heart." —Cathy Seehuetter

Alex Conway

**In loving memory
of Alex**

**by Robert & Trisha
Taylor**



This month's newsletter is sponsored by Robert & Trisha Taylor.

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

Herby Parr

**In loving memory
of Herby**

**by Herbert & Sandra
Parr**



Thanks to Herbert & Sandra Parr for their generous rent donation.

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





We need not walk alone.

"People who share a common direction and sense of community can get where they are trying to go more quickly and easily than when they try to travel the journey alone." —*Connie Buchanan*

April Anniversaries



Shane McDade



Jeremy Mark Lawler



Andy Hall



Sally Snodgrass Ryan



Chad Cavazos



Kody Maner



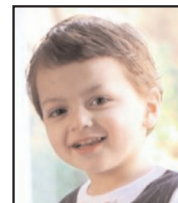
Quinn Martin Muirhead



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



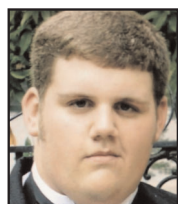
Bobby Knott



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.

"That pain is not as intense now. I have learned to tolerate it and still lead a normal life. The Compassionate Friends helped me to realize that I was not alone and that there were many others who felt that same pain. They helped me learn how to deal with it. Now it is my turn to try to help someone else."
—*Harold F. Underwood*

April Anniversaries cont.



Rachel Wilder



Melissa Helsel



Colin Ray Sheffield



Trisha Thomas



Vanessa Wilcox



Larkin Grace Allen



Kathryn Michelle Grimes



Jiree Mobley



Madelyn Moore



Jeff Irvin

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

But I am a Grandparent...

(excerpt)

I am a therapist. I am convinced that the worst pain in the world is losing a child, whatever their age at passing. Perhaps the second most painful experience is seeing your child lose her child. To see your firstborn, your beautiful 'little' girl in horrendous, unbearable pain and not be able to take it away, relieve it, change it, make sense out of it, is also unbearable. To hear your extroverted, fun-loving daughter tell you she wants to die to be with her son and not ever again to be able to assure her 'it'll be okay', is crushing.

Life forever changes. The role of protector crumbles at your feet. The role of soother is meaningless. You stand helplessly by, ready to do anything—everything your child needs to ease the pain, but nothing really does. You put your grieving on hold because right then your child's grief is more intense, more immediate. Your life centers on your own wounded child and everything else is secondary. You want to carry their burden—but you can't. You want the pain to go away—but it won't.

And somewhere along the way, as your child's grief seems to lessen a little in intensity, your double grief: losing your grandson and witnessing your daughter's grief—pours out, perhaps on paper, or to a friend. And then you return to being the parent of a parent who lost their child to death.

I am very grateful for The Compassionate Friends. It was when my daughter became involved with this group that I gently, slowly, quietly laid down the heavy responsibility and privilege of trying to be the one person that helped her bear her grief. She gained strength from meeting others who could totally relate to her grief. The opportunity to serve in a leadership role gave a semblance of something positive coming out of her loss. And sometimes I return to the role of supporter with great willingness, for she is my daughter and I would give my all for her, as we all would for our children.

To all the other grandparents out there sharing these same burdens, there is a time and place for us to grieve, too. We also share a common experience. We can gain strength from each other, as well. I invite any and all of you to come to The Compassionate Friends meetings each month. We can spend a part of each meeting supporting each other in our unique role. Hope to see you there!

Angie Welling, TCF South Bend, IN

In memory of Cameron Anthony Bice, my grandson and in honor of Debbie and Kevin Bice, his parents.




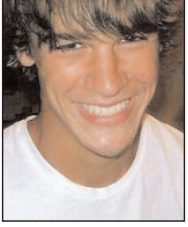









We need not walk alone.

"There is no pain so great as the memory of joy in present grief." —Aeschylus

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

In loving memory of Cynthia Harper by A.R. Young		In loving memory of Andrea Young by A.R. Young		In loving memory of Sarah Thompson by Carol Thompson	
In loving memory of Chris O'Leary by Mary O'Leary 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 Andy Terrell by David & Teresa Terrell		In loving memory of Candice Lingle by Mary Lingle	

Excerpts from "When A Child Dies from Drugs"

When grief first strikes, everything is perceived as though you are in a darkened room. Everything outside and beyond your present challenges and emotions does not exist. Then you realize that if you raise up the shades and let in even a sliver of light, you become more aware of your immediate surroundings and the room itself.

Slowly lifting up the shades, a few inches at a time, you see that the light begins to illuminate the entire room.

So it is with grief. In our devastation, we can only be aware of the immediate needs, the demanding pressures and the pain of the present.

Eventually...you will lift up the shades and step out of the darkness.

by Patricia & Russ Wittberger

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



We need not walk alone.

"You can't start healing until you've allowed yourself to feel the hurt of the loss of someone you loved better than yourself. So, if you have reached that place in your grief, see it as a positive, for it means you have forsaken unproductive things and have made a giant step forward in your journey to a place where your pain eases and you learn to live with your loss more comfortably." —Mary Cleckley

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

After the First Year

After the first year; the pain changes from a crushing weight to a wickedly sharp cutting edge. Time speeds up from a grinding plodding to a more normal routine. And sometimes you can forget, for a moment that your whole life was destroyed last year.

After the first year; you start to remember the good times, and you can tell a funny story about your child and save the crying for later. But sometimes it seems like you're the only one left who mourns. "What's the matter with you anyway; it's been a whole year."

After the first year; your child seems a little closer and yet still so far away. Miracle of miracles, you haven't forgotten how he walks, her voice, the shape of his head, or the solid warmth of her finger curving around yours.

After the first year; your heart begins to thaw. You remember that you once loved your surviving children and you love them again. You remember that life used to hold joy, and you rediscover some small enjoyment in living. You learn to piece your life back together in a different pattern.

After the first year; you pick up your burdens and go on. Amazingly, you've survived a blow more painful than anything you ever imagined. Even though you wished you could have died too, it slowly dawns on you that you must still live. Because after the first year, comes the second year.

Liz Ford TCF, Madison, WI

A Boy and His Kite

He kept adding more spools of string to make it higher. A woman walked by and said, "You have that kite flying high." And the boy agreed. The woman left and went about her business. On her way back, she looked up toward the kite and said, "I do not see your kite." The boy agreed. She asked, "Then why don't you let go of it?" The boy answered, "I can't. I can still feel it tugging." This is the plight of bereaved parents.

TCF Richmond, VA





We need not walk alone.

"I believe we must be open to the balm of forgiveness. Through its expression in our lives, be it through thought, word or deed, we find small ways to seek life once more. Deep within us, forgiveness is capable of treading the wasteland of our souls to help us feel again the love that has not died." —Don Hackett

A Grandfathers Wish

I wish I could have taken you to a ball game today
But such a tragic event occurred unnecessarily
and took that dream away

You see the years you lived were just a mere short six
and months coupled with some days
You would have worn your team's favorite shirt and
hat while watching all the plays

A hot dog or two with the smell of popcorn
and peanuts would fill the air
The sound of the roaring crowd, a foul ball that
you caught, would bring us some good cheer

I wish I could have taken you camping,
swimming and fishing from our little boat
The great big smile you'd display from a
fish you caught now is just remote

No stories to tell your children
of the life that you once led
Is now a never ending battle
that every grandparent dreads

You see no Papa ever believes his grandson
will go before him because it's not a natural thing
I say love them dearly while you can
as we don't know what life will bring

*Miss you Brendonite
Papa Kyle*

Terrible Twos

In memory of Jennifer Privett

Jenny,
Since your death, you have missed:
2 birthday anniversaries,
2 Halloweens,
2 Thanksgivings,
2 Christmases,
2 summers and swimming pool sessions,
2 school openings,
2 sizes of shoes and clothing,
2 children who died of heart conditions and
2 pictures of them now sit beside yours,
too many children who died
too soon
too young.
Your Mom, *Susan Privett*

SORRY MOM

Sorry mom...
For all the hurt.
I did not have
The right words.
To describe
What I was feeling inside.
That lead to the day
I took my life.

Sorry mom...
For all the blame.
Left behind by what
You could not change.
The unseen darkness
That took control.
Not your fault
You did not know.

Sorry mom...
You are always sad.
There are no words
You could have said
That would change
What I was about to do.

Just remember mom...
How I love you.

Sorry mom...
Wish I could say...
You could not have stopped me
From going away.

For every time
You wish me home.
I want to say...

I'M SORRY MOM.

Written By Tammy Craw, Sumner, ME, ©2012

"Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm inwardly that life with all its sorrows is good; that everything is meaningful even if in a sense beyond our understanding; and that there is always tomorrow." —Dorothy Thompson



We need not walk alone.

"Why not ask me? I hear it again and again, one friend asked another how I've been. How hard, really, would it be to pick up the phone and just ask me?" —Genessee Bourdeau Gentry

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

Grief work is:

- Allowing the pain of grief to engulf your spirit.
- Taking one more breath when part of you wants to die.
- Getting up in the morning when your body feels like it weighs a thousand pounds and couldn't possibly move.
- Eating delicious food and finding it tasteless.
- Putting clothes and makeup on without a reason.
- Putting thought into a decision that affects others when you couldn't care less.
- Returning to everyday activities when only a part of you is really there.
- Going through the treasures of your child's life and death.
- And then talking about something else — for a while.

If you have done any of these, your "grief work" has begun. When does it end? After seven years the load is lighter. I am comfortable with that.

N. Green, TCF Oakbrook, IL

Announcements

Meeting Info: (postponed in April) 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.

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.



With our current self-isolating, grief can feel especially lonely. Remember to visit our website for a long list of TCF newsletters: www.tylertcf.org Also, TCF's National website has lots of great resources: www.compassionatefriends.org

