



**The
Compassionate
Friends**

Supporting Family After a Child Dies



We need not walk alone.



www.TylerTCF.org

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

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IMPORTANT NOTICE: We have a NEW meeting location!
Please join us at 17555 Hwy. 155 S. (off Loop 49), Flint, TX 75762.
We hope to see you at our next meeting!

Volume 19, Issue 4

Tyler, Texas

April 2018

Monthly Group Meeting

Tyler Area Meeting
17555 Hwy. 155 S.
(off Loop 49) Flint, TX 75762

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 Facilitators:
Leslie & Don Dixon

Steering Committee: Lisa Schoonover, Cheri Zucca, Don & Leslie Dixon, Janet Majors, Trisha Mann Taylor, Barbara Barton, Heather Ogg, 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 2018 Compassionate Friends Butterfly Release set for Saturday, May 19 at 1 p.m.

The setting for this uplifting and peaceful event will be at The Children's Park, corner of Dobbs and Broadway in Tyler. Volunteers are needed at 8 a.m. on Saturday for setup and after the program for take down. We hope you'll join us for refreshments after the ceremony.

We will hold a silent auction this year, and will be raffling beautiful quilts made by Sandra Perry in memory of her son, Jeremy England. (Learn more on page 8.)

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.

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



We need not walk alone.



P.O. Box 9714
Tyler, Texas 75711

**THE
COMPASSIONATE
FRIENDS**



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**

Children Are A Gift Foundation: www.childrenareagift.com
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

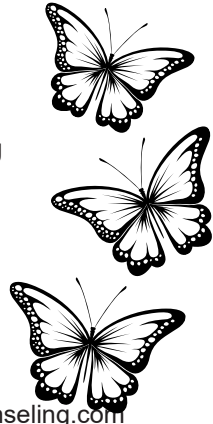
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

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



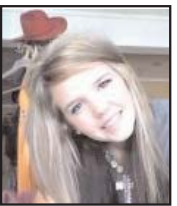
Herby Parr



Maryn McIntire



Daniel Wayne Thornton



Cheyenne Ramirez



Cameron Lee Robinson



Derek Nolan Simoneaux



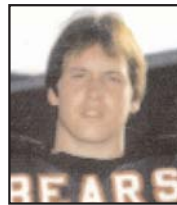
Russell McGilvray



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.

Grief and Marriage

When our son was killed, I remember thinking through the haze of pain that this most horrifying of life experiences would somehow bring us closer. Sharing the loss of a child created and loved by both of us for twenty years would surely deepen the bond between us. I was in for a surprise.

We clung almost blindly to each other until the shock began to give way to ugly reality. As we each moved to our individual pattern of grieving, differences began to emerge. I felt like a time bomb about to explode. I needed desperately to talk about our son. My husband refused to verbalize his feelings and became angry at my overtures. I stopped trying to communicate. This was beyond my comprehension. Where was my helpmate, my best friend? I felt rejected, unloved and terribly alone. Anger overwhelmed me as I literally realized that I wasn't going to be able to share my grieving with the person who meant the most to me in the world. I knew that many marriages fail after the death of a child. Dear God, how could we possibly survive an additional tragedy?

We attended a few Compassionate Friends meetings, and then I continued alone. The gentle acceptance of others who had lost children permitted me to talk or cry without guilt. Our problem was definitely not unique; many other parents expressed similar frustrations. So many couples experience marital difficulties after the death of a child that it is now considered the norm. We weren't going crazy; and just because our grieving styles were different didn't mean that our whole marriage would fall apart. My anger began to dissipate as I slowly faced the fact that I had been placing unrealistic expectations on my husband. Hurting at least as much as I, he simply could not meet my needs for support.

Much later, the knowledge that support had been there all along from my friends if I had only asked for it saddened me. I had to admit that I simply had been too proud to reveal myself as a suffering person in need of help.

I will be forever grateful to Compassionate Friends for being there with loving, open arms. We began to have some honest discussions, agreeing that we needed each other's nurturing in order to survive and find meaning in life. We learned to respect each other's feelings. We tried to please each other in little ways: a hug, a special meal, anything that expressed caring. Patience with each other smoothed over many rough moments.

Time spent alone or together was very healing. It took a conscious decision from both of us to try harder. Some days, we didn't have any energy left when grief was particularly painful. It wasn't always easy as we couldn't talk about our son for a long time.

As I look back, I see that ignorance of grief and the impact it can have on a marriage was the basis for our problems. But in retrospect, how could we possibly have been prepared for the onslaught of paralyzing emotions that overwhelmed us? Anguish of this intensity can reveal a spouse you've never seen before. Deeply wounded, both of you will be inevitably changed from the experience of losing a child. Back then, understanding these simple facts would have immeasurably helped us.

Pat Retzloff ~ TCF, Oshkosh, WI

The Wounded Heart

Children have preceded their parents in death for eons of time. We are not the first, nor will we be the last to enter the realm of "Bereaved Parents." But for now—right now—it is OUR HEARTS that are freshly wounded and OUR HEARTS in need of mending. Wounded hearts must be allowed to mourn and lament their loss, to pour out their pain, agony, sadness, hurt and anger, and to release their well of tears. Wounded hearts need to be wrapped in quietness, gentleness and compassion, away from the turmoil of daily life. A wounded heart not allowed to mend from the depth of its agony, will be an abscess—to swell and undermine—erupting at a distant time. Or, suppressed, it will slowly choke the spirit of its host. Only the bearer will know when his heart has healed. The wounded heart, encouraged and given time and freedom to mend, will carry in its chambers the memory and shared love of a precious child.

Nancy G. ~ TCF, Livonia, MI





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.

When A Child Dies

When the thing that one only imagines—actually happens, you discover very quickly that you have a difficult time speaking about it. People who have lost a child, including myself, act in all kinds of weird ways in order to deny the awful truth—not just because of the awful pain of losing a person they loved—many of us have lost parents, mates and friends, and no matter how painful, it's just not the same. But because what has happened is so unnatural, so against the necessary order of things, that we cannot accept it—it is almost beyond our comprehension that children should die before the adults. It contradicts history, violates basic physics, and so, when we lose a child or children, life seems to lose all meaning. We are changed forever.

Anne D., TCF Oklahoma City, OK

Alex Conway

In loving memory of Alex

"Your light continues to shine in our hearts."

by Robert & Trish Taylor



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

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*

Beautiful Hand-Made Quilts Raffle!

These beautiful quilts will be displayed at the Butterfly Release in May. Raffle tickets are now available for \$5 each per quilt. There will be additional items for sale including totes on the same day. In addition, orders can be placed with a deposit. The items were lovingly created and donated in memory of Jeremy England by his mother Sandra Perry. To buy one or more raffle tickets in advance, please mail a check for \$5 per ticket to The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, Texas 75711. Please specify which quilt your ticket is for (butterfly or sports themed). You need not be present at the May Butterfly Release to win.



In Honor and Loving Memory of Jeremy



Join us for crafts and more!

Carol Johnson will facilitate craft fun, Saturday, April 28, starting at 10:30 a.m. at our meeting place. Light snacks will be provided. Bring your creative ideas or just attend for the fellowship. We are planning to have a journaling workshop soon! Watch for details. If anyone is interested in holding a grief share workshop, we would love to accommodate at our nice meeting place.



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

"We quickly find there are no words to describe the experience of losing a child. For those who have not lost a child, no explanation will do. For those who have, no explanation is necessary." —*Mary Lingle*

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

In loving memory of Christopher Jeffers Forzano by Barbara & John Zimmerman



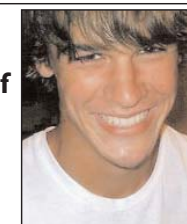
In loving memory of Alex Conway by Robert & Trisha Taylor



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.

"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.*

Mom, He Only Took My Hand

Last night while I was trying to sleep,
My son's voice I did hear,
I opened my eyes and looked around,
But he did not appear.

He said, "Mom, you've got to listen,
You've got to understand,
God didn't take me from you, mom,
He only took my hand."

When I called out in pain that day,
The moment that I died,
He reached down and took my hand,
And pulled me to His side.

He pulled me up and saved me
From the misery and pain.
My body was hurt so badly,
I could never be the same.

My search is really over now,
I've found happiness within,
All the answers to my empty dreams,
And all that might have been.

I love you all and miss you so,
And I'll always be nearby.
My body's gone forever,
But my spirit will never die.

And so, you must all go on now,
And live, and understand . . .
God did not take me from you,
He only took my hand.

Author Unknown

Shared in loving memory of Andy Terrell
by David & Teresa Terrell, TCF Tyler, TX

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

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.

"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." —*Marilyn H.*

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

NEW MEETING PLACE! The new 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.

VOLUNTEER OPPORTUNITIES!

We welcome volunteers to serve in any capacity within our group, including sending out birthday and anniversary cards each month, setting up the monthly meeting and help with our annual events.

If you'd like to get involved as a volunteer and/or steering committee member, please reach out to us. We'd love to have you aboard and we're sure you'll experience some healing in this capacity.

Thank you for your generous donations to TCF of Tyler. These 'love gifts' allow us to provide our local chapter with special events, the TCF Newsletter, our Web site and more!

Butterfly Release 2018

If you would like to help with the Butterfly Release in May, please call the TCF line at 903-422-0358. Thank you!

