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IMPORTANT NOTICE: Our printed newsletter will be moving online soon. We will need your email address. Please review our form on page 11 regarding your options. We will continue to send a printed version to anyone who doesn't have access to the Internet.

We need not walk alone.



Tyler, Texas 75711
P.O. Box 9714

THE COMPASSIONATE FRIENDS



The Compassionate Friends

Supporting Family After a Child Dies



We need not walk alone.

Volume 17, Issue 8

Tyler, Texas

August 2016

Monthly Group Meeting

Tyler Area Meeting

3rd Monday of Each Month
1901 Rickety Ln., Tyler

Contact

Phone: (903) 258-2547
www.TylerTCF.org • info@TylerTCF.org
P.O. Box 9714 • Tyler, TX 75711

Co-Chapter Leaders.....
Cheri Zucca & Trish Mann Taylor
SecretaryTrish Mann Taylor
Newsletter/WebsiteMary Lingle
Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: Sam Smith, David & Teresa Terrell, Mary Lingle, Lisa Schoonover, Cheri Zucca, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, MaryAnn Girard, Trisha Mann Taylor, Barbara Barton, Heather Ogg

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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Dear TCF Family,

As you may have heard we are transitioning our newsletter to be viewed online.

If you are receiving an August newsletter via mail that's because we currently do not have an email address for you. Please, take a moment and visit our webpage at www.tylertcf.org and subscribe to our newsletter. If you do not have an email and still wish to receive the newsletter in the mail, please fill the last page of this newsletter and mail it back.

We are working hard to be sure each of you who want to continue to receive the newsletter will continue to get it.

Thank you!

Strange Words Welcome New Members

I am always amazed at the instant empathy we each feel as new members come to their first meeting. We have the strangest welcome for these parents: "We are so sorry you have to be here."

In other organizations the questions are probing: where did you go to school, where do you work, where do you live? All designed to "size up" the newcomer, put him or her in the proper perspective of a neatly ordered world. For us, this information is meaningless. We know the world isn't neat and orderly; we discovered that when we lost our children. We care about you, the newly bereaved parent, whose life was tossed into a cosmic blender when your child died. We care because we are you. We have been here a while, in this purgatory of pain. We have learned to live our lives in a different way, to place value on understanding and hope, the intangibles of the purest meanings of life. We have learned to value each other, to reach out and talk, to wait patiently during the silences needed to form thoughts. We listen intently as you quietly say your child's name, tell your child's story, speak of your heartbreak.

Yes, this is a different kind of welcome. But it is the most deeply sincere welcome we will ever receive. We are kindred souls, you and I. Each of us lives in the "after death" world of losing our child. Each of us has learned gradually that the hope we have attained has made life better, lessened the pain, moderated the isolation, tears, emotional devastation and pure mayhem that once overtook us. Each of us has learned this slowly, in our own time and in our own way.

Each month new parents who have suffered the most horrific loss that a human can endure are welcomed into our group. We reach out, we listen with our hearts and we remember.

In memory of my son, Todd Mennen, Annette Mennen Baldwin, TCF Katy, TX

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.

"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

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

GriefShare: www.griefshare.org

MADD East Texas (Mothers Against Drunk Driving)
www.madd.org/local-offices/tx/east-texas

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.

"'Why me?' is a singular and lonely question, but it doesn't have to be. Together we can give hope to the hopeless and comfort to the suffering. All we need to do is reach out, then maybe the 'Why me?' will answer itself." —Polly Moore

August Birthdays



Brennen Applegate



Gena Forest



Marcos Lopez



Rowdy Cunningham



Ashley Allison



Connie Allred



Crystal Greene



Tosha Nichole Minatrea



Montie Norvell



Shanette Bland



Joey Green



Jonathan Eubank



Ron Mitchum



Christal Murphy



Haven Grace Davis



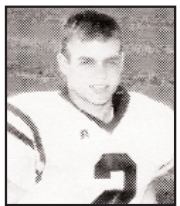
Cory Wayne Channon



Ashlee Ann Davis



Pharaoh Lydia



Scottie Baker



Quinn Martin Muirhead



Jonathan Russell Eubank



Hannah Collie



Dawson Nathaniel Harned



Dwayne Russell



Lori Campbell



Calan Cameron Decker McKeethan



Kristi Otteson



Justin Bynum



Alyssa Kathryn Crim



Alyssa Howerton



Phoebe Fair



Addison Rost



Nathaniel "Blake" Dark

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!



We need not walk alone.

"Sometimes our light goes out but is blown into a flame by another human being. Each of us owes deepest thanks to those who rekindle this light." —Albert Schweitzer

Tears on Their Shoulders

Thank God for friends. Can you imagine your life without your close friends? I have never been one to have a great many friends. I know many people who I care for and love, but there are only a few people that I consider close friends. A true friendship goes far beyond just knowing and caring for someone. A true friend is a person you feel comfortable sharing your deepest feelings with. A true friend is one who does not mind a few of your tears on their shoulder.

Since the death of my daughter, I have had the opportunity to meet and talk with many other bereaved parents. There are far more of us than most people realize—far more than I ever realized until I became one. The grief of losing any loved one is hard to overcome. The grief of losing a child is the hardest to overcome. In fact, I dare say that we never overcome it. We simply learn to deal with it. If we are blessed to know the truths of Jesus, we deal with our grief by leaning on Him, and by trusting that we will see our children again. (For those who do not know Jesus, I have no idea how they ever deal with their grief.)

One of our greatest gifts as bereaved parents is close, understanding friends. Most of us find that developing friendships with other bereaved parents gives us more comfort than any other relationship. Hopefully, our friendship with our spouse will deepen and give us that comfort; but I have found that does not always happen. I am sure there are psychological reasons why bereaved husbands and wives cannot always be as comforting to each other as we wish we could, but I know it is true in many cases. Perhaps it is because we are trying so hard to be strong for each other that we hold back some of our emotions. I suppose every couple is different, depending on their personalities and situations. The point is, very often we are not as comfortable sharing or expressing our grief with our spouse as we are with a special friend. I would really like to hear other bereaved parents' points of view and opinions about this subject.

The point of this writing is the importance of loving friendships. I have talked to so many bereaved parents who state that they just do not have anyone that they feel comfortable talking to about their grief. It is not that they do not have friends and relatives, they just don't have any that they can or will share their feelings with. They feel isolated and alone in their grief, and to me that would be unbearable. That is one of the many reasons that I am so happy to have found The Compassionate Friend's. Through T.C.F., I have met people that I consider true friends—friends that never mind a few tears on their shoulders—friends that I never mind feeling their tears on my shoulder. In my opinion, a good cry with a friend that has gone through the loss of a child—a friend who knows how it feels—is more healing than anything else I can imagine. Thank God for counselors and therapists, but without understanding friends with loving shoulders to cry on, I believe we miss out on deep, healing grief relief.

We miss our children. Our lives are forever changed without them. There is a void in our souls that nothing can fill, and in many ways we don't want it filled. But we do want relief, and true friends that don't mind our tears on their shoulders are one of our greatest sources of that relief. May the Lord lead you to that special friend, a compassionate friend, with whom you can share your deepest thoughts and feelings, one who will always offer you a shoulder to cry on when you need it. May you offer your shoulder to someone in need as well. There is blessed healing to be found with loving friends who are happy to allow tears on their shoulders.

Dr. Sam Smith, Butterfly Ministry, TCF Tyler, TX

"...a bear wedged in great tightness."

"In a tape called, 'To Touch a Grieving Heart' there is a wonderful little reminder of the Winnie the Pooh story by A.A. Milne. You may recall that Winnie goes to visit Rabbit and eats too much honey. Coming out of Rabbit's hole, he gets stuck tight—so tight he can't even sigh. He asks his friends to stay with him, read him a story, and offer words of comfort...and thus to help 'a bear wedged in great tightness.'

Notice that Pooh does not ask to be pulled out of the hole, he asks only for company so he is not alone. I think Grief is like being 'a bear wedged in great tightness.' And, while we cannot make the grief go away for each other, The Compassionate Friends starts and stops with the core idea that we will be there for each other; that 'we need not walk alone.'"

Opening remarks of the late Richard Edler's keynote speech at the 1996 TCF National Conference





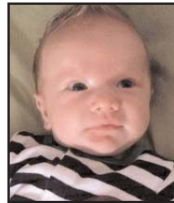
We need not walk alone.

“Each of us lives in the ‘after death’ world of losing our child. Each of us has learned gradually that the hope we have attained has made life better, lessened the pain, moderated the isolation, tears, emotional devastation and pure mayhem that once overtook us. Each of us has learned this slowly, in our own time and in our own way.” —Annette Mennen Baldwin

August Anniversaries Cont.



Addison Rost



Brevon McCarty



Travis Morris

The Death Anniversary

On June 1, 2007, my 82-year old aunt unexpectedly and suddenly died. She and I had always talked frequently, even though she lived in Washington and I live in Texas. The last time I saw her was at my Dad’s funeral in 2000. But we kept in touch, and shared a mutual interest in the family genealogy.

Many nights I would call her and we would talk for hours about the death of my son, Todd. She would always reassure me that I was the best mother a child could have. Her opinion meant much to me as she raised three sons who became very responsible, loving adults. Her life was well lived, her advice always sound.

In the spring of 2006, my aunt lost her husband of 60 years. Her three sons helped her for a while then she suggested that they get on with their lives. Moms are like that. But she and I talked about her loss, my loss and the differences between the two.

When the first anniversary of my uncle’s death was approaching, I sent her a card. I wanted her to know that I remembered this sad anniversary date. I wrote about her husband, their relationship, how much I admired them, and that I was keeping her in my thoughts and prayers on this sad day.

She e-mailed me right after she received the card. She thanked me over and over for the card and reiterated her absolute certainty that I was a good mother for Todd. Her sons had called to talk with her. However, they didn’t bring up the anniversary, even though it was obvious that they were thinking about it. “Men are like that”, she told me. Her sisters called and talked to her about her husband, the anniversary and more. My dad’s sisters are special people. I’d like to think that I have learned from them. We must talk about our feelings; death cannot be ignored. If one of us breaks down and cries, the “girls” are there with an understanding that transcends distance. They listen; they talk about the loss, the life, and the sadness. They encourage us to take our loved one with us. That’s what they did when they lost children, parents and their husbands to death.

Bereaved parents understand the importance of death anniversaries to the family, especially to each parent. When we have lost a child, that date takes on a significance that cannot be measured. That is a date that we will never forget. A month before the date, bereaved parents begin anticipating the anniversary date. Anxiety sets in. Depression can sweep over us. We count days until the date finally arrives. Then we go with it. We let the day take us where it will. We receive cards from our Compassionate Friends. We receive some telephone calls. Sometimes our families call or send a card. Sometimes friends come over and talk. Sometimes we hear from very few people and find that to be just fine. This is a day for us, the parents who have endured the worst, to reflect, to cry, to remember, to honor our child.

Each month I read the names and death anniversary dates of the children of our Compassionate Friends. Each month I sigh, shed tears for the upcoming pain and then begin to edit the newsletter. Yet each month I feel as if, somehow, we are each lightening the burden of the others. Our presence, our concern, our acceptance of each grief journey—no matter how that road twists and winds, are meant to give each parent the light of hope. We don’t walk this road alone. We are connected to each other with an invisible golden thread that touches each heart. This is our journey.

Annette Mennen Baldwin, In memory of my son, Todd Mennen, TCF Katy, TX



We need not walk alone.

“Let us all heed the quiet message heard so softly in that maelstrom of the spirit. Forgive...forgive...forgive until forever. Let love enfold our anguish, helping us to learn to grow and strive beyond this hour to a rich tomorrow.” —Don Hackett

A Bit Richer

I’ve heard it said that what you get out of a book depends not on what the book brings to you, but on what you bring to the book.

It’s hard to fathom—much less accept—that we can gain anything by losing child. Once the black hole has been created, we can’t imagine that any light will ever enter it. But, in time, tender mercies start to trickle in. If we keep our eyes and hearts open, we do gain a more insightful view of life. We see and feel things at a deeper level than others can even imagine.

I find as a speaker and writer, when I quote books and use examples from movies to help illustrate or clarify my feelings about bereaved parenthood—or more often, life in general—people will say, “I don’t remember reading that” “I didn’t get that out of it.” “I never made that connection.”





Little Women, Pay It Forward, Gladiator, Lost in Yonkers, and yes, the classic *Gone with the Wind* are just a few of the books and movies that portray the depths of life as WE know it while others merely read words or watch actors on a screen.

I don’t like being where I am. I certainly would never choose to be here. But as I go back to favorite books and movies, I find comfort not only in the familiar, but also in the farther-reaching themes that I didn’t see before.

Revisiting books and movies will never make up for the loss of my son, but it can make my life a bit richer. And long as I’m still alive, I’m going to grab whatever I can get.

Susan Larson (Loren’s Mom), TCF Atlanta, GA

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

<p>In loving memory of “Missy” Rogers by CeCe & Dan Brotton</p> 	<p>In loving memory of Alex Conway by Robert & Trisha Taylor</p> 	<p>In loving memory of Andy Terrell by David & Teresa Terrell</p> 
<p>In loving memory of Chris O’Leary by Merri Walsh</p> 	<p>In loving memory of Leah Zucca by Jim & Cheri Zucca</p> 	<p>In loving memory of Chad Cavazos by Dale Cavazos</p> 
<p>In loving memory of Christopher Loper by Tina Loper</p> 	<p>In loving memory of Jared Sheets by Carol & Shane Johnson</p> 	<p>In loving memory of Stephanie Settle by Danny & Pat Settle</p> 



We need not walk alone.

"Laughter is not a sign of 'less' grief. Laughter is not a sign of 'less' love. It's a sign that many of our thoughts and memories are happy ones. It's a sign that we know our dear one would have us laugh. It's okay to laugh."
—Marianne Waite



We need not walk alone.

"Eventually the sky would clear and I was able to find a path to those that cared and could offer me hugs and a shoulder to cry on. The storm was still there, but there was also shelter and I wasn't alone." —Barb Seth

Missy Rogers

In loving memory
of Missy.

CeCe & Dan Brotton



This month's newsletter sponsored by CeCe & Dan Brotton.

As I Remember Him

Whenever I answer an email from a newly bereaved sibling I say, "My twin brother Alan passed away of AIDS on June 25th 1992. There isn't a day in which I don't think of him."

The greatest joy in my life was being Alan's twin brother. The worst time since Alan's death was turning 40. As the ninth anniversary approached last year I was very anxious. I had thought I was doing much better and couldn't understand why I was unable to decide what I should do. Afterward, I was still nervous, as I am each year between June and August, our birthday month, but last year was worse.

As my birthday neared I realized that would be my first "milestone" birthday without Alan. I decided I wanted to go to Philly, Alan's town. To me it would be easier than being with all of the family, all except Alan. I had figured out my family was planning a surprise party. One morning before work, I became physically sick. Even though I had survived without Alan for nine years I now realized that I couldn't continue without help. Twice a week for the two weeks before my birthday I received counseling. I had decided I would have a birthday party if I could make the guest list. It turns out everyone I would have wanted was already invited. Many didn't speak of Alan but they could see his picture button while speaking to me. Thoughts of Alan were never far and as I walked the last friend to his car I realized that it was an enjoyable day but each milestone would be an adjustment.

As I approach my 41st birthday, the tenth without Alan, I have had his initials put on my car's license plate. Each trip to a diner, I order Jell-O after a meal; each new state I visit I get a miniature license plate with his name. I gave his clothes to friends and charity, designed his headstone and developed a program for his memorial service. I started a scholarship, created an AIDS quilt, web page and a backyard garden. I devoted a room, "Alan's room," with posters and articles by and about him. I donate items for AIDS & TCF auctions, write articles and volunteer for TCF, all in Alan's memory. As long as I live I will continue to find ways to honor his memory as I remember him.

Daniel Yoffee, August 4, 2002



August Anniversaries



Boston Kade Porter



Justin Dover



Alex King



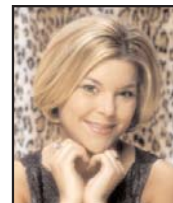
Austin Cheek



Dawson Nathaniel Harned



John Kluepple



Jill Marie Rozell



Shannon Scheffler



Paul Ragsdale



Lorie McLain



Sandi McLain



Bobby Jack Stanley



Michael Holdway



Evan Blake Alexander



Michael Toby Tobias



James Jenkins



Dustin Dewayne Bruce



LaDerrius Darden



Jaime Arellano, Jr.



Tiffany LeAnn Tanner



Cathy Key



Cameron Robinson



Aaron Willman



Montie Norvell



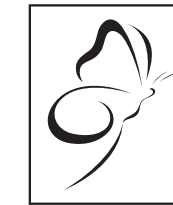
Joe Maland



Erik Scott McKinney



Dawn Marie Wilson



Tommy Jack Burchfield



Patton Ross



Matthew Skinner



Stephen "Chadwick" Williford



Darrell Lynn Sallas, II



Sheila Nolen



Dustyn Sandifer



Steve Short



Isaih Moa

Continued on next page.





We need not walk alone.

"How did I get to this place? One minute, one hour, one day, one week, one month at a time. It is a slow journey from crawling through the pits of hell in deep grief to coming back to the reality of here and now. It's as close to a near death experience as I can imagine." —Annette Mennen Baldwin

Last Moments

Last moments
Snatches of conversation
That echo across all decades...
Priceless words
Indelibly etched on the heart.

Sometimes
Thoughts were never spoken
But unexpected sentiment—
A quick embrace, a silly smirk,
Or joyous laughter—
Reaches through the pain
And warms the heart.

We came too soon to understand
The folly of harsh words
Or neglected touch,
For who can know which
Taken-for-granted event
Will become
A last moment.

Diane Fields, TCF Westmoreland, PA

The Day the Earth Stopped Spinning

When I lost my child, the earth ceased to spin.
The moon will not rise, the tide won't come in. The sun
insists on having its way, Blasting its rays and rising each
day. Another day comes, my child is not here;
Another day comes, I live my worst fear.

Each morning I wake with the same painful thought;
Why am I here when my sweet child is not?
All moments that pass, I question this fate;
While other lives carry on, I sit and I wait.

I wait for an answer, for some reason why...
Praying for it to be me that could die. Through my sorrow
and grief, I have made a life choice;
To keep my son's memory alive and give him a voice.

I share stories of my son, and the man he would be; A boy
who lived life and was a hero to me. Who would grow up
and make the world a better place. Who would save the
seas and the oceans from the human race.

When I lost my child, the earth ceased to spin.
But the moon still must rise and the tide must come in.
And since the sun insists on having its way,
I will live in my child's memory each and every day.

Kim Turner in memory of Matthew Beard, 1/20/85–12/29/06

I Won't 'Should' on Myself

SHOULD—I will not SHOULD on myself today! I won't let
others SHOULD on me today either! Immediately after my
daughter Julie, died, I was bombarded on all sides with lots
of SHOULD!

"You SHOULD keep a stiff upper lip and be strong for the
rest of the family."

"You SHOULD not dwell on it."

"You SHOULD just accept it as God's will.
He knows best. You SHOULD not cry about it."

"Julie left a 22 month-old daughter.
You SHOULD live for Autumn."

"You have three other children. You SHOULD live for them."

"You SHOULD not keep her paintings and photographs out
in plain sight as a constant reminder."

"Above all, you SHOULD keep busy. If you kept as busy as I
do, you wouldn't have any trouble sleeping.

You SHOULD work in the yard, work in the garden, work in
the house, but keep busy!"

"You SHOULD go back to work."

"It was fate. It was supposed to happen. You SHOULD just
accept her death and try to forget about it."

"There are many deaths everyday. You SHOULD think about
all the people killed in wars, earthquakes, floods, airplane
crashes, and all kinds of natural disasters and accidents."

"You SHOULD think about Rose Kennedy, who has lost
three sons. And Anne Lindberg, whose baby son was kid-
napped and murdered. They survived."

"You SHOULD not say such things;
you SHOULD not even think them."

by Jean Corley Lacy



We need not walk alone.

"So what do we do? Give ourselves TIME—to hurt, to grieve, to cry. TIME to choke,
to scream. TIME to be "crazy" and TIME to remember. Be nice to yourself! Don't
measure your progress through grief against anyone else's. Be your own time-
keeper." —Darcie D. Sims

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

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 -
use 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 903-258-
2547. 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

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

Announcements

Tyler TCF Meeting: The meeting in Tyler is held on the third
Monday of the month, 6:30 p.m., at 1901 Ricketty Lane in
Tyler. For more information, please call 903-258-2547.

Steering Committee Meeting: If you are interested in par-
ticipating in our chapter by serving on the steering commit-
tee, 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! For
more information about our next meeting, call 903-258-2547.

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.

Sixth and Final Quilt

We are compiling names and photos for the 6th and final
quilt. Please mail your \$25 donation for a square, child's
name, and make sure we have a quality picture of your child
that will show up well. This will be the last quilt for our chap-
ter so please let us know quickly as we anticipate the list of
30 will fill up fast. David and Teresa Terrell have generously
donated their time and talent for the completed quilts and are
no longer able to physically continue. 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.



Summer Book Club for Moms Who Have Lost a Child

Saturdays at 10:30 a.m. beginning June 4th, 2016 at the
Children's Park in Tyler. For details, contact Cristal Stowe at
Cristalstowe@gmail.com or call 903-262-0016.

Find us on Facebook!

