



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 1755 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 12

Tyler, Texas

December 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.

In This Issue...

Welcome	2
Grief Resources	2
Announcements	3
Birthdays	4-5
Anniversaries	6-7
Donations	7
Important Notice from TCF of Tyler	7
Newsletter Sponsors:	8
What Do I Say—What Do I Do?—	
How To Help a Grieving Friend	9
Poems	10

Important TCF of Tyler Leadership Announcement

We are very happy to announce that a current member of the TCF Steering Committee has stepped up and voiced her commitment to the Tyler chapter and wants to keep it going. However, we are still looking for a co-chair.

As mentioned in previous newsletters, we will still be around to assist with how "we" do things. However, things can be changed to fit the new leadership, if desired.

We both want to say we have truly enjoyed the last several years. It's been a very rewarding and healing journey for us both, and we've made so many new relationships along the way!

Feel free to reach out to either of us with any questions if you think you may be interested in the co-chair position or if you'd like to donate or volunteer in any capacity.

Sincerely,

Cheri & Trisha

Annual Candle Lighting Ceremony in December

Our Annual Candle Lighting Ceremony will be Sunday, Dec. 8, 2019, at Crossroads Community Church, 13730 Hwy 155 South, Tyler. The service begins at 6:30 p.m. This year, canned food for the food pantry at our host church, as well as new toys, will be collected at the Candle Lighting.

This is a great way to meet and get to know the members of The Compassionate Friends. Getting involved will likely help you as well as the other members! Everyone is needed and welcomed! Volunteers are needed most in these areas:

- Write and/or read a quote, poem, letter, etc. (let us know if you have something to share)
- Setup Saturday and/or Sunday or help take down on Sunday
- Bring finger foods to share

If you would like to help with the Candle Lighting set up, Saturday, the day before the event, take down, and anything in between, please call the TCF line at 903-422-0358.

Thank you!

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.

"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

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

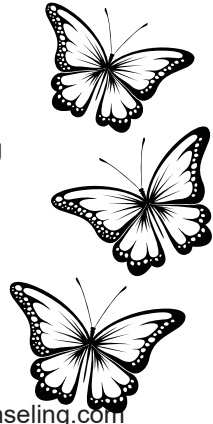
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

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.

"Lighting a candle and saying a child's name keeps their memory burning bright." —Jim Lowery

December Birthdays



Jonathan Reynolds



Erica Smith



Graham Gill



Zackery Browne



Heath Hopson



Logan Alexander



Renee Seale



Dex Bailey McLean



Daniel Anderson



Christopher John Fisher



Shelby Williams



Amber Drake



Stephanie Settle



Salvador Estrada



Phillip Kuhn



Jessica Noelle Kirkpatrick



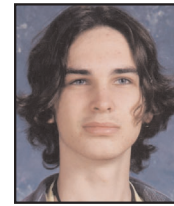
Jeremy Simpson Brown



Tamy Land



Tiffany Johnston



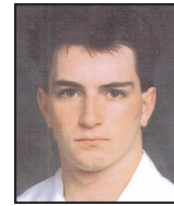
Ryszard Spakovsky



Alexander Fleming



Tiffany LeAnn Tanner



Brandon Weatherly



James Rowland Allen



Sarah Harvey



Shannon Scheffler



Ashley McCaa



Taylor Davis



Cory Blackmon



Stephen Townsend



Lindsey LeMon



Dawn Marie Wilson



Burke Warren Lewis



David LaTrell Milton



A.J. Frazier



Lauren Campbell

Continued on next page.



We need not walk alone.

"We cannot offer you any shortcut through the pain. There isn't any. But you can help yourself along the way to healing. We can offer you support, encouragement, and the hand of friendship." —JoAnn Dodson

What Do I Say—What Do I Do?—How To Help a Grieving Friend

Hospice of East Texas recently sponsored a presentation by Dr. William G. (Bill) Hoy, PhD at Tyler's First Presbyterian Church titled "What Do I Say—What Do I Do?—How To Help a Grieving Friend." Dr. Hoy, a nationally recognized author and speaker, has counseled grieving people for the past 25 years and is the former director of the bereavement program at Pathways Volunteer Hospice in Long Beach, California. For me as a listener, Dr. Hoy had immediate credibility when he shared that he and his wife had lost a child.

Dr. Hoy discussed "the tasks of mourning"—the creation of a new life by those who are left to grieve—that no longer includes the person who has died. He pointed out that there is "no sequential set of steps" and said that the belief that all mourners go through a particular set of stages has been "suspended."

He often hears the words: "I'm lost.....I just can't find my way." Grief is fluid rather than being a set of steps and is the process of readjusting life. Grief is personally unique as are relationships. It's not always a good thing to say, "I know what you're going through." A good thing to say is: "the things that helped me I will do." Such thought-provoking words for me to hear and ponder!

Dr. Hoy discussed the four Rs: **remember** (tell stories of the life lived and help each other to remember); **reaffirm** (faith); **realize** (that grieving is long term and is "not done once but done forever"); and **release**. Faith is a common experience: "It does not matter who we are or where we've been; when the chips are down, we look up."

Dr. Hoy made many points so helpful to those who grieve. "Everything in society conspires about grief taking a long time." We never fully say "good-bye."

We learn to enfold the death experience into all of our lives. Ceremonies (funerals and other events) help us to have "leave-taking" to a life that does not include the person who has died. We stay close to our grieving for a while, move away and then come back, Dr. Hoy noted. "Leave-taking is hard when people do not have or take the opportunity for leave-taking rituals." Grief is a "psychological onion peeled away a layer at a time." He said, "the four Rs help us find renewal—we do not recover—we rebuild!"

Dr. Hoy told the following story to make some important points. An older couple lost their home in a fire and chose to rebuild the identical home on the same foundation. When they built their new home on the old slab, it absorbed the smell of the smoke. When we build a new home on the old foundation, the smoke is always there. "We want it to be there," he said, "because you can't start over with no memory."

Another important point for grieving people to remember: even when dumb things are said, we are glad that the people did not stay away. People often minimize the grief experience with minimizing statements because they don't know what to say. "It's essential to be there," Dr. Hoy said, not on Face Book and not on Twitter. Invest an hour and a half to get to the funeral or the church service. "Folks will never forget."

Another important point: be there to listen! "We don't have to have an answer for everything." Let the grieving person know that "I'm here today and I'm going to continue to be here."

Pay attention to the special days, he said. Use the program from the funeral to mark your calendar with birthdays or the anniversary of the death ahead of time. "Keep on remembering....the funeral is just the beginning."

Carol Thompson, TCF Tyler, TX

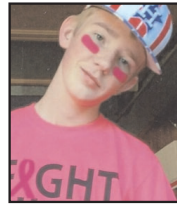




We need not walk alone.

"When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life—a way to cling to every fleeting, precious moment of joy." —Cortney Davis

December Anniversaries



Tanner Douglas



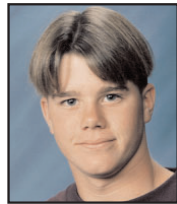
Christopher Loper



Felicia Hobbs



Gena Forest



James Fincke



Angela Frazier



Cheryl Graebner Cook



Jocelyn McCormick



Karen Lowe



Mike Loughmiller



Jessica Noelle Kirkpatrick



Tosha Nichole Minatrea



Tamy Land



Ashton Wayne Yates



Alfred Donnell Guthrie, III



Kristi Otteson



Tim Fry



Carmen Leanna Jenkins



Lee Sammons



Theresa Kay Talley



Kelly Ann Campbell



Margie Starkey



Jeremy England



Whitni Danielle Ray



Matt Thomas Crooks



Joey Green



Jeremy Simpson Brown



Jake Higgins



Lindsey Goen



James Snyman



Gauge Austin Thomas



Scarlet Lynne Smith



Jason Lee Eubank



John Miller



Cashley Jackson



Joshua Wilson

Continued on next page.



We need not walk alone.

"Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape." —C.S. Lewis

December Anniversaries cont.



Jordan Mims



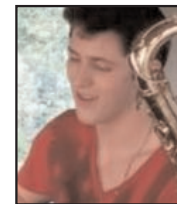
Wrangler Akin



Robin Reynolds



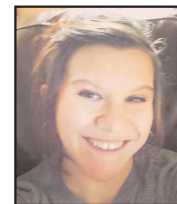
Aaron Yarbrough



Troy Saunders



Evelyn Faith Buchanan



Antonia Rothrock



Suzanne Glover



Martha Fields

Annual Candle Lighting Ceremony in December

If you would like to help with the Candle Lighting, please call the TCF line at 903-422-0358. Thank you!

Important Notice 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: \$500 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.

Recently a TCF member did a fundraiser through Scentsy and earned nearly \$200 for the Tyler Chapter. 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 3 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





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



We need not walk alone.

"Sorrow makes us all children again—destroys all differences of intellect. The wisest know nothing." —Ralph Waldo Emerson

Melissa Majors

In loving memory
of Melissa

by Janet Majors



This month's newsletter is sponsored by Janet Majors.

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

Christopher Molnari

In loving memory
of Christopher

by Kim & Thomas
Cathey



This month's newsletter is sponsored by Kim & Thomas Cathey.

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

December Birthdays cont.



Gregory Thomas
Davis Jr.



Tim Fry



Carmen Leanna
enkins



Alec Heath
Thigpen



Sarah Wheeler



Justin Turbeville



Jennifer Massey



Wrangler Akin



Allison Hiett



Shelby Williams



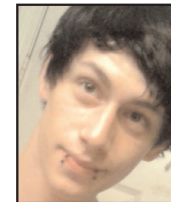
Christopher Forzano



Derek Russell



Britney Trahan



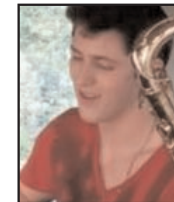
Kaleb Mize



Kevin Paul Elbert



Zayin Wells



Troy Saunders



Evelyn Faith
Buchanan

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

In loving memory of
Alex Conway by
Robert & Trisha
Taylor



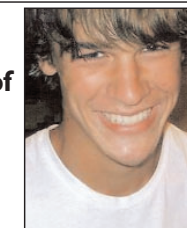
In loving memory of
Candice Lingle by
Mary Lingle



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.

"A new year brings time to reflect on the children we love—those who remain with us and those for whom we grieve." —Wayne Loder

On a Night in December

As days moved on towards winter, and trees becoming bare, we were faced with shopping malls where carols filled the air.

And thoughts of all turned to loved ones, those present, and those not. For us, whose lives were drained of light, it was solace that we sought.

And so began a journey of candles round the earth bringing light to darkness and honoring the work of children held so dear to us but never to grow old, whose lives filled our life tapestries, with threads of finest gold.

Now we gather on this night and watch the candles burn, see their pictures, say their names one by one in turn.

And our children, brothers, sisters, for whom we gather here, let us know, in the candles glow, that they are always near.

Their light will e'er surround us, their love will always flow. When we leave, many remember this is ever so.

Written for TCF Marin's 2003 Candle Lighting Service by Genessee Bourdeau Gentry, author of 'Stars in the Deepest Night—After the Death of a Child'

My Heart Full of Compassion

I cannot ease your aching heart,
Nor take the pain away.
But let me stay and take your hand
And walk with you today.
I'll listen when you need to talk,
I'll wipe your tears away.
I'll share your worries when they come,
I'll help you face your fears.
I'm here and I will stand by you,
Each hill you have to climb.
So take my hand let's face the world,
Live one day at a time.
You're not alone for I'm still here.
I'll go that extra mile,
And when your grief is easier,
I'll help you learn to smile.

By Aleasa

First Christmas

It can't possibly be Christmas without her being here.
Yet the world is singing 'round me,
joyful tidings and good cheer.

Though I try to put on armor and brave the sights and sounds, a few moments worth of shopping, and the tears are spilling down.

I pray for strength to do it, find a path through holidays, look for shortcuts, good ideas, some directions through the maze.

Then I find at last the answer: I'll include her symbolically.
And the giving becomes perfect;
her love's flowing down through me.

Genessee Bourdeau Gentry from 'Stars in the Deepest Night—After the Death of a Child'

Only December

Feelings heavy,
tears and tears.
Will the darkness last?
Or is it –
only December?
Hadn't past months
brought peace and hope?
Where is the strength
of October –
and November?

Lights, carols, ornaments on trees,
cards from friends,
happy times in seasons past.
We remember.
We remember.
Will January bring
light at last?
Will we be stronger then,
for making it through
this December?
When people ask
how I'm doing I say,
Well . . . you know . . .
it's December.

Genessee Bourdeau Gentry from 'Stars in the Deepest Night—After the Death of a Child'



We need not walk alone.

"Wounds do not heal without time and attention. Yet, too many of us feel that we don't have the right to take the time to heal from emotional and physical wounds." —Judy Tattelbaum

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 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.
- 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.)

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.

