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



www.TylerTCF.org

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

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

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









Volume 20, Issue 2

Tyler, Texas

February 2019

Monthly Group Meeting

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

Contact

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

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

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

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

The Meeting Agenda

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

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

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Grief: Our Act of Love

"I had a child who died." How simple these words are, yet how painful they are to say. The death of a child is the harshest blow life has to offer; it destroys our trust in the world at the most basic level. Grief is our total response to the death of a child; our body, mind, emotions and spirit all react to the loss. While many of us wish to stop the intense grief work we are doing, we find it impossible for many reasons.

First, grief is an act of love, not a lack of strength or faith. The more we loved our child, the greater will be our grief. The more integrated our lives were with the life of our child, the more we will miss his or her very presence. The intensity of our grief is often representative of our love. Second, grief is a necessary process that we must go through in order to maintain our wholeness and sanity. If we do not grieve, we will not heal.

One of the earliest and hardest lessons we bereaved parents learn is that men and women grieve differently; women, in general, grieve more openly than do men, and women, on the whole, are more comfortable verbally expressing their feelings of loss. While segments of our culture indicate it is more "manly" not to cry, we know this is not true.

Grief work also helps us to complete unfinished business with our child and close the past relationship that we had. We will never "get over" the loss of our child, nor would we ever really want to. We are who we are partly because of our relationship to that child. Our lives will always be influenced by our son or daughter, but most of us will eventually learn to live a meaningful life, despite our tragedy.

Our child will always be with us in spirit and in love, and we often feel a need to hold on to tangible items, such as toys or clothes, to maintain that feeling of closeness. But, intense grief work allows us to let go of the relationship we had and create a new relationship with our child. Our remembrances, love and feelings of oneness with our child can never be destroyed. I cannot see nor touch my Philip, but I vividly remember him. I have completed earthly mothering, but I still have an intense mother-child relationship with my son.

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

Elaine Grier, Philip's Mom, TCF Atlanta, GA

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.



"You do not 'get over' grief. Anyone who says you can, or tells you how they did, is not to be believed. Grief keepers accept their grief and weave it into the fabric of their lives." —Harold I.S

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 vour arief 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."

The Compassionate Friends

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

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 the second Thursday of each month from 6-7 p.m.



We're on Facebook! Search for The Compassionate Friends of



(Signature)



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.

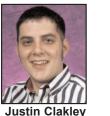
To keep our mailing list current, we do ask to hear from you each year making sure that our information is correct and that you still wish to receive our mailings. If we did not hear from you in the last year please indicate any appropriate choices below and return the form to the address at the bottom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

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Your Name:				
Child's Name:		Relationship:		
Birth Date:	Death Date:	Cause	of Death:	
Address:				
			Zip:	
Home Telephone:				
E-mail:				
Please check any of follo	wing that apply:			
☐ Due to the rising cost	of postage, please send newsletters	via email. My email a	ddress is	
☐ I prefer not to receive address you have on file		uld like to continue ha	ving a hard copy sent to the mailin	
☐ Please update my mail	ling address:			
☐ No thank you, I'd pre	fer to stop receiving the newsletter	. (Newsletters are post	ed monthly on our website.)	
☐ Please include my child	I's name and picture in the slide pres	entation at the Candle I	ighting Ceremony.	
☐ Please include my child	I's picture and information on the TC	CF Tyler Web site. (www	v.TylerTCF.org)	
☐ I am enclosing a memo	rial to support The Compassionate F	riends in the amount of		
☐ In memory of			Please make check payable to TCF	
	☐ TCF Newsletter ☐ Butterfly Relea			
The continuation of this chory of your child please co	napter's work depends on donations. onsider taking this time to give a gift	If you have not taken the that will help reach out	e opportunity to give a donation in mem to other newly bereaved parents.	
Lighting Ceremony or any		e withdrawn at any time	ure in the newsletter, Web site, Candle by written request. This information is the activities such as the newsletter.	

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

"I made a choice. I picked up the remains of my life-my aching heart and wounded spirit, my broken dreams and disbelief—and wrapped them carefully in my blanket of grief. Holding them closely to me, I walked steadfastly ahead into the storm with faith in the promise of peace on the other side." —Sharron Cordaro

February Birthdays



Michelle "Missy" Green





Craig Howell



Jayson La'Drake Austin



Dylan Corey



Colleen Herriage



Shane McDade



Jason Brown





Christopher Bullock Walter Dale "Skipper" Winningham



Kody Maner



Caleb Scott

Sean Smith



Mary Jennifer Stone



Alexandria Conway



Justin Goodman





Chasen Sean Shirley



Cynthia Harper



John Andy Terrell

Ijuan Deshaun

David Matthew

(Matt) Morris



Cheryl Heerdt

Candice Lingle

Natalie Whitehead



Robert Ryan White

Steve Short



Ty Foster Mabry

Scarlet Lynne

James Snyman





Jeremiah Barker



James Arthur Jenkins

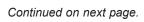


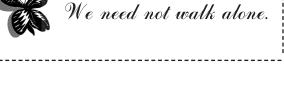


Kayla Denise



Caleb Cecil





"The wounded heart encouraged and given the time and freedom to mend will carry in its chambers the memory and shared love of a precious child." —Nancy Green

T.J. Anderson

My first meeting with The Compassionate Friends: I was on my way to the first meeting and got lost, so I called a Compassionate Friends' leader and told her. "I'm lost, I'm just gonna go back home." She said. "We will come get you." So they did and I followed them to my first meeting. Now that's true "compassion." That night. I felt less lost from the loss of our son.

This story is in memory of our beautiful loving son, Travis Jernigan "T.J." Anderson. I know he was only on loan from God. I'm thankful we had him 32 years. He was a sacrifice for all. He was born in Feb. of '77 and died in Oct. '09. It rained nine days straight from his death. We all said, "It was all his tears and pain, coming down from Heaven." I would not have dreamed I would be the one who would lose a special angel. Now he's one of God's guardian angels.



Travis was on of the most-handsome, outgoing, loveable people you could ever know. He had the most beautiful big blue eyes. We have many good memories of him. He will be greatly missed. He had many friends and family that knew and loved him. Our son was an old soul in a young body. He always told me, "Everything is everything; and of all the amazing beauty in the world, a lot of people take it for granted."

I told my son I would always stand by him and to call me anytime if he needed anything. He told me a few months before he passed away, "Thank you 'moms,' you were always there for me."

Travis was my baby son and my life. I have a lot of good memories of him. He was a joy to be around. He had an amazing magnetic personality and was the life force of any room he entered. He lived everyday to enjoy life—and he did. He was very receptive of love and kindness as well as giving it. Our son was a gift for people to feel love and have better lives. He spread himself thin a lot of times, maybe, to get all his life in his 32 years. He had many creative talents. He lived his life with such energy, one could hardly keep up with him.

Travis has a beautiful smart four-year-old son. I will give all my son's love and memories back to his son, Griffin—so he will know his dad. His son was his greatest joy. It breaks our hearts knowing his son won't grow up with his father. I guess I have said "if I" or "I should have" at least a hundred times over. People tell me, "There is nothing we could have done. God was in control and there was a bigger picture and I wasn't supposed to know."

Travis seemed too good to leave this world. We realize God had a better reason. We raise our children all their lives to protect them because they are our lives. So it makes it almost unbearable to lose them. The world is all different now. So now we have to reconnect our lives. I have asked a lot of people and friends for help and how do you get through it? They tell me, "A lot of praying and time."

I have gone through all the grieving steps up and down and back again. I'm still numb. It still seems like a bad dream and unreal, and I've got to wake up. I misplace a lot of things; lose my car when I park it. I hold his pictures to my heart and cry everyday, several times. I still smell his clothes and talk to him.

People tell me, "You're not losing your mind." "You're just going through the grieving process," and "Do whatever you have to do to get through it all."

What I miss the most now is calling my son and talking to him. It's been three months and it's still difficult. The world seems empty and lonely and holidays are too painful. The Compassionate Friends tell us, "It will get softer."

I don't know how much searching and healing it will take to get past the numbness and grief. Many friends and family opened their hearts to us with their love and prayers. We know God is a redeeming and loving God and he will get us through the fire some way. I do know this: The Compassionate Friends organization has helped me a lot. I thank God our son got to love and be loved. I believe our son's in an amazing, peaceful place with angels and with God.

Everyday I pray to make it through the day and at night I thank God for another day. And when I see a bird sing, I will pause longer and see my son's soul in that precious singing bird.

In closing, I will say I have seen many well stated signs on the road that read: Prayer—America's only hope. What a powerful statement!

This story is in memory of our loving son. You're forever in our hearts. Your 'Moms' and Dad. Mona and Ron Anderson. TCF Tyler. TX

The Compassionate Friends The Compassionate Friends

"This winter of your life will pass, as all seasons do. Stay in your season of Winterness as long as need be, for everything you feel is appropriate. There is no right way to grieve. There is just your way. It will take as long as it takes." -Rusty Berkus

February Anniversaries







Lori Campbell



Cheryl Heerdt



Richard Heerdt





Ryszard Spakovsky



Tiffany Johnston



Darell Bolton



Andrea Young



Austin Arvizo



Brandon Krpec







James Brady Langston Jasmine Dezereah Pruitt



Chance Aaron Chandler





Roger Lee Rush









Trevor Benson



Shelby Williams



Jayson La'Drake



Lucy Beerline



Karrie Voyles



Kaleb Mize





Luciano Tessaro



Kammon Gebo



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



"Compassionate Friends teach us ways we can cope until we can live again and face life with hope. So to TCF members, whether we've met or not, thank you for the band aids on that bruised healing spot." —Kathy Hahn

Memories

When a child dies our memories are held tightly with lots of pain, just like the tightly folded petals of the rose bud with the many thorns to stick and prick causing pain.

As we talk about our child and share memories with others, we begin to open ourselves to healing as the rose petals start to open ever so gradually.

Just as a rose becomes more beautiful as it blossoms, so do the memories of our child!

Yes, the thorns are still there and will hurt when touched, but oh how beautiful the rose and oh, how beautiful the memory of our children!

Share the memory of your child so that memory can start to bloom to become as beautiful as a rose.

Julie Timmerman, TCF Tulsa, OK

February

The month of February arrives with Valentines posted all over the store fronts, reminding us of the ones we love, and sometimes, of the ones we lost.

As we send our wishes of love to our favorite Valentines, we want to also remember our sons, daughters, grandchildren, brothers and sisters who have died.

They are the Valentines who will remain forever in our hearts. We send our wishes of love to them everyday, in our thoughts, in our hearts.

Happy Valentine's Day, February 14th to the ones we hold most dear in our minds and hearts.

Cathy H., TCF Algona, IA

Knox Knight

In loving memory of Knox

by Chris & Andrea **Knight**



This month's newsletter is sponsored by Chris & Andrea Knight. Newsletter sponsorship is \$75. Contact us if you'd like to be a sponsor in memory of your loved one.

The Compassionate Friends



death brings. We've lived the hurts and the despair. And so with hands outstretched in love, we welcome you to join us. And we promise you that we will lend a listening ear." -Lorraine Weaver





TCF Quilt Announcement!

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

Butterfly Release 2019

It's not too early to start thinking about volunteering for our Annual Butterfly Release in May. You are welcome to be involved as much or as little as you'd like. If you want to help this year, please call the TCF line at 903-422-0358.

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**





"Life turns out best for those who make the best of the way life turns out." —Art Linkletter (Father of two children who died)

February Birthdays Cont.















Timothy Andrew Wild Jessica Spence



Carpenter

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 still have new shirts from our Annual Candle Lighting event!



Cost is \$25. Fill & cut out the form below and mail your check to P.O. Box 9714, Tyler, TX 75711 to purchase T-Shirts. (Shirt color is navy.)

	(required)
Number of T-shirt's to purchase(\$25 ea) Shirt sizes:	



"A wounded heart, not allowed to mend from the depth of its agony, will be as an abscess to swell and undermine, erupting at a distant time. Or, suppressed, will slowly choke the spirit of its host. Only the bearer will know when his heart has healed." —Nancy Green

A.J.

My son, my 1st born, A.J. How my heart misses you. My heart is not whole without you here beside me.

Our hugs, our kisses, our talks and our giggles, Plus the tears I saw you shed.

How I wish I could have fixed every hurt you ever had. But only God could do that.

> You're now in a peaceful place Where no one can ever hurt you again.



I love you, Mamma

Sue Langdon, TCF Tyler, TX

Grief

Written by a 19 year old man upon the death of his 18 year old sister of cancer

A tear drip forms in an eye and softly falls on a cheek Its path continues down a face to an uncertain stop This tear is followed by yet another, like raindrops in a storm A heart is overshadowed with great pain The pain deadens all reality A body trembles in its sorrow Making the grief apparent to all A name is whispered yet no sound is heard. The tears continue, steady in their flow A sun shower quickly becomes a storm A vision becomes blurred An ache fills a heart like no other ever has A body trembles with its memories as grief becomes a constant companion

Memories

Unique as snowflakes Impossible to hold but for a moment Yet there is another gliding down upon the first Until they become blankets Of protection against storms of Loneliness Memories gently Memories

Marcia F.A., TCF Mercer

Valentine Wishes

I thought I heard your laugh today, While watching children run and play. You chuckled in that special way, and then you were gone.

I thought I saw your gentle face, that look which time cannot erase. Then it was gone without a trace, and then I was alone.

I thought I heard your voice today. And suddenly my world was gay. I thought I heard you softly say, "I Love you, Mom, Happy Valentine's Day."

Oh. how I wish...

TCF North Hollywood, CA

On Vacation

I sat & watched the waves come in & out. I looked for you there, but you weren't about. I saw a young child about your size, And I thought it was you, till I looked in his eyes. I heard a strange voice call your name, And I thought for a second you were home again. I went to the jetty where you used to fish; I gazed at the stars and made a wish. Then I closed my eyes and I heard you say,

> I love you, Mommy, but it can't be that way; I can't come back to earth as you know But I will live within you wherever you go; For I am with God in a place so divine Where there is no pain, no space and no time.

Then I opened my eyes and I walked away And I've known where you are since that day.

Penny Linehan, TCF Morris Area, NJ

We need not walk alone.

"The hurt never goes away. We never forget. We never get over it. We don't want to. We hurt so much because we loved so much. But the focus on death and the event fades and the warmth of good memories replaces it." -Richard Edler

Love Gifts



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

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

Merri Walsh in memory of Chris O'Leary - rent Carol & Shane Johnson in memory of Jared Sheets - rent

Danny & Pat Settle in memory of Stephanie - rent

Jim & Cheri Zucca in memory of Leah - rent Robert & Trisha Taylor in memory of Alex Conway - rent

Barbara Barton in memory of Lindsey - rent Dale & Phyllis Cavazos in memory of Chad - newsletter

Tina, Johnathan & Heather Loper

in memory of Christopher - TCF Phone David & Teresa Terrell in memory of Andy rental of a storage building

See more love gifts on page 7.



Newsletter Submissions

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

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

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

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

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

Announcements

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

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

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

Event reminders for parents:

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

VOLUNTEER OPPORTUNITIES!

Dear TCF Members.

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

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

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

Sincerely, Cheri & Trisha

