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



www.TylerTCF.org

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

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

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









Volume 21, Issue 2

Tyler, Texas

February 2020

#### **Monthly Group Meeting**

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

#### Contact

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

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

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

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

# The Meeting Agenda

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

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

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#### Important 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

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

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.



"The tragedy we have experienced somehow enables us to establish new and more meaningful priorities, to love and to value those who are close with a renewed sense of appreciation and awareness. If any meaning is ever again to exist in our lives, it will develop as a result of newly found sensitivity, love and compassion for others." —Chris Moon

#### 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."

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.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.

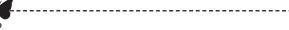
**Group Meetings for Survivors of Trauma and Survivors of Suicide Loss,** sponsored by Michael's House of Hope at the New Life Worship Center, 18535 Hwy. 69 S., Tyler, room 620. Call Dr. Timothy M. Roddam at 903-681-3161 for more information. Survivors of Trauma meets the the second Thursday of each month from 6-7 p.m.



We're on Facebook! Search for The Compassionate Friends of Tyler and Like our page.



(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.

return the form to the add	ress at the bottom of this page.				
Your Name:					
Child's Name:		Relationship:			
Birth Date:	Death Date:	Cause	Cause of Death:		
Address:					
			Zip:		
Home Telephone:					
Please check any of follo					
☐ Due to the rising cost	of postage, please send newsletters	via email. My email ad	dress is		
☐ I prefer not to receive address you have on file		ıld like to continue hav	ing a hard copy sent to the mailing		
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□ No thank you, I'd pre	fer to stop receiving the newsletter	. (Newsletters are poste	d monthly on our website.)		
☐ Please include my child	I's name and picture in the slide pres	entation at the Candle Li	ghting Ceremony.		
☐ Please include my child	d's picture and information on the TC	CF Tyler Web site. (www.	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				
	napter's work depends on donations. onsider taking this time to give a gift		opportunity to give a donation in memory of other newly bereaved parents.		
Lighting Ceremony or any	en permission on file to use your content of the co	e withdrawn at any time	re in the newsletter, Web site, Candle by written request. This information is r activities such as the newsletter.		

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

Date:

"As we advance in life it becomes more and more difficult, but in fighting the difficulties the inmost strength of the heart is developed." —Vincent Van Gogh

# February Birthdays





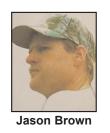


**Mary Jennifer** 

Stone

**Cheryl Heerdt** 





**Craig Howell** 



Javson La'Drake







Colleen Herriage











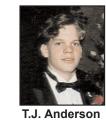
Ty Foster Mabry

**Scarlet Lynne** 

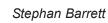


Jeremiah Barker















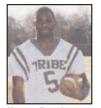
Luther

**Caleb Scott Jones** 





John Andy Terrell



ljuan Deshaun



**David Matthew** (Matt) Morris

The Compassionate Friends

**Candice Lingle** 

**Natalie Whitehead** 

**Steve Short** 

**Robert Ryan White** 

Karen Lowe



**James Snyman** 

Kayla Denise

**James Arthur** 

Continued on next page.



# The Valentines of Yesterday

"We can endure much more than we think we can; all human experience testi-

fies to that. All we need to do is learn not to be afraid of pain. Grit your teeth and

let it hurt. Don't deny it, don't be overwhelmed by it. It will not last forever. One day, the pain will be gone and you will still be there." —Harold Kushner

.\_\_\_\_\_

In my lifetime I have received many Valentines. Parents, grandparents, aunts, uncles, school friends, boyfriends, good friends, acquaintances and my husband have showered me over the years with lovely Valentines which I have so appreciated.

The tradition of declaring friendship and love on Valentine's Day is a very fond memory. However, the sweetest Valentines I have ever received are from my son. From the first days in nursery school when my son made a hand plaque and a drawing on construction paper to the final Valentine in 2002, I have cherished these gifts of love from my only child. I have kept every Valentine my son ever made for me or bought for me. I have every Valentine gift he ever gave me. These are the treasures that remind me how special a parent's love truly is.

There is no love to compare with the unconditional love we give our children. I think my son knew that nobody in the world would love him as much as his mother did. Yet, he also knew that he would love his children in just this same way. This unconditional parent's love that we give our children is the most precious love in life. It is always our hope that they, too, will find the joy of this love with their children.

When our child dies, we cling to our unconditional love as we feel the anguish of a final separation on this earthly plane and a tsunami of betrayal as the devastation of this incomprehensible loss sweeps over us. The pain is real. It is physical, emotional, psychological and forever embedded on our psyche. Yet, without that unconditional love, there would be no pain. Who among us would trade the most infinitely rewarding love and the subsequent pain of loss for a life of lukewarm relationships?

And so, as Valentine's Day once again comes into my life, I will look back at this love, at the good times, the wonderful handmade childhood Valentine cards and gifts and the carefully selected cards of adulthood that my son gave to me. His words, his love, his appreciation for all that we had shared as mother and child will be reflected in these treasures. There will be tears, certainly, but these are tempered with the many wonderful, sweet memories of my son and his life. It is these sweet memories which sustain me, give me hope, and bring me gratitude for all that was given to me.

My son is forever in my heart. He is with me every day and every night, and especially, he is with me on Valentine's Day.

Annette Mennen Baldwin, TCF Katy, TX

We need not walk alone.

### **Imagine**

Imagine for a moment a mobile; all the shapes are of different weights and design. But they hang together harmoniously; each catching the sunlight and creating a melodious rhythm in the wind. Now snip one of the pieces; there is chaos, each of the remaining pieces smash into one another, and what was a melodious sound is now a clanging almost wailing in the wind. When a child is snatched by death from a family the results are the same, multiplied innumerable times.

# The Bumpy Road

The other day I sat alone and realized my heart was not as heavy. Oh, there are still times when I miss my child desperately, but I seem to rebound sooner now.

Then the phone rang—another mother called to lean on me. She must have known that I was ready. I listened, she shared and oh how I felt for her. When we said good-bye, I sat again but not as alone this time. New strength and pride came in knowing I had lent a helping hand.

My child's death has taught me so much new, a lot I wished I had never known. But since I do now know what others face, perhaps the bumpy road I've traveled can be made a little smoother for another.

A Bereaved Mother

# We need not walk alone.

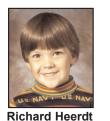
"Grief is not a disorder, a disease or a sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve." —Earl Grollman

### February Anniversaries













**Tiffany Johnston** 



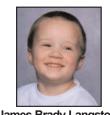






**Brandon Krpec** 









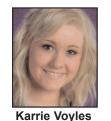






Michael Schmidt











Kammon Gebo







**Lucy Beerline** 









Miles McBrayer

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

••••••

Thought from a Parent Who Lost an Older Child

Perhaps I had my child longer than you had yours, but thirty-eight years does not seem long. Perhaps there are more memories to hold in my heart, but I know yours are just as dear to you as mine are to me, even if your memories are memories of only one or two days. Your dreams for your child are gone. So are mine. Never did I imagine that I would have to deal with my child's death instead of him having to deal with mine. In thirty-eight years there was time to give me a legacy of three grandchildren. This is a very special blessing and one that I do not take for granted. My mission is to sustain the relationship with my three granddaughters who now live three thousand miles away from me.

My child died from a terminal illness that is not one of the "acceptable" diseases. My child died of alcohol and drug addiction. The tools for remission of this disease are placed in the hands of the person who has the disease. Even with the help of four treatment centers, the recovery was not to be. One day at a time, my recovery is taking place. The pain, after two and one half years, has gone to a place where it can be tolerated.

My story and my age may be different from yours, but the bottom line is the same: my child has gone to a place where I cannot go, and I miss him so much. The pain of grief is still there, but I am living life one-day-at-a-time, enriched because my son came through my body into my life.

Helen Godwin, TCF Orange Park, Jacksonville, FL

### Dear Compassionate Friends,

I wrote this letter for my co-workers and posted it in the office where everyone would see it because I found that although everybody had been extremely kind and generous during Laurie's last brief illness, some of them didn't seem to know how to deal with me or what to say after she died. The idea for the letter and some of its contents are from a book on grief work by Bob Deits, Life After Loss: A Personal Guide Dealing With Death, Divorce, Job Change and Relocation.

Marcia Davis, TCF Contra Costa County, CA

Dear friends and co-workers:

I want to thank all of you for your kindness and support during the last few months. I have experienced a loss that is devastating to me. It will take time, perhaps years, for me to work through the grief I am having because of the loss of my daughter, Laurie.

Although Laurie was our oldest child, she was the child of my third pregnancy, so she was very much wanted by the time I gave birth to her. She was also the child who was most like me, both in appearance and personality. Perhaps because of this, I actually feel I have lost a part of myself. I would gladly have given my life in exchange for hers, had I had that option.

I will cry more than usual for some time. My tears are not a sign of weakness or a lack of hope or faith. They are symbols of the depth of my loss and, I am told, a sign that I am recovering.

I find that I become angry without there seeming to be a reason for it. My emotions are all heightened by the stress of grief. Please be forgiving if I seem irrational or unfriendly at times. I need your understanding and your friendship more than anything else. If you don't know what to say, just touch me or give me a hug to let me know you care.

Do not be afraid to mention Laurie's name, She is gone from this life but she will never be gone from my memory or my heart. And please don't hesitate to call me; it is reassuring to hear from supportive friends.

If you, by chance, have had an experience of loss that seems anything like mine, please share it with me. You will not make me feel worse. And if I get emotional or tear up, you are not making me cry, I am crying inside all the time anyway! This loss is the worst thing that could happen to me. But, I will get through it somehow and I will live again. I will not always feel as I do now, I will laugh again.

Your concern is a gift I will always treasure.

Sincerely, Marcia

The Compassionate Friends The Compassionate Friends

"Just for today, I will allow myself to be happy, for I know that I am not deserting him by living on. Just for today, I will accept that I did not die when my child did. My life did go on and I am the only one who can make that life worthwhile once more." —Vicki Tushingham

# **Alex Conway**

In loving memory of Alex

by Robert & Trisha **Taylor** 



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

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

In loving memory of **Lindsey Barton by Barbara Barton** 



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

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 **Andy Terrell by David & Teresa** Terrell



In loving memory of Candice Lingle by **Mary Lingle** 





"Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."

# February Birthdays cont.













**Timothy Andrew Wild** 

# **Butterfly Release 2020**

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.

# 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:	(qa,
Your name:	(required



"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work—you don't give up." —Anne Lamott

### **Searching for Oneself**

By Joyce Rupp

Good Shepherd, who finds the lost one, the "me" I know has disappeared.

Will I ever recover the person I have been?

Will I ever find and feel good about myself again?

Will I discover who I am and who I am becoming?

Protect me in this great vulnerability.

Assure me that I will come home to myself,

Even though "my self" may be different.

Silence my impatience. Calm my worry.

Restore my joy. Solace my distress.

Help me to befriend my new self

With tender hope and welcoming love.

Submitted by Lisa Schoonover, TCF Tyler, in memory of Jake

# All My Love – For Mom, Dad and My Sisters

I'm so sad to be leaving, and I know you're sad too.

As I let go let me give one last gift to help you.

Dry your tears help your hearts heal, if not all, at least some. This small gift, a returning favor for all that you've done.

Close your eyes for a moment, see my smile, feel my hugs. Hear me whisper my secret, how you've filled me with love.

Keep this moment, as I will, forever locked in our hearts; to bring out when sadness and tears want to start.

This small gift, much more precious than all the others you gave, is a return for your love with which I was made.

All the tears that have fallen, from family and friends, I've collected and mixed with my own.

To this I have added all my love, my laughter, my smiles, and made up a medicine to ease heartache awhile.

So when time brings on sadness, close your eyes see me there. Feel my gift in your heart, and know I'm still here.

I was made of your love, and in your love I remain.

Daniel Fraga

#### Promise of a Rose

When winter comes into our lives with its uncertain sound, to strip us of our warmth and joy, our petals on the ground, we may be tempted to give up, to fold beneath life's storm. We may be tempted to forsake the hope which keeps us warm.

But, we must learn to stand up tall, to always face the sun, and patiently wait for the day when winter's work is done.

For winter winds will cease to howl; the snows will melt away. Then we shall see the beauty of another summer's day.

We will have renewed our strength when summer's wind first blows, for God will whisper one again the promise of a rose.

Glenda Fulton Davis

### My Grief is Like a River

My grief is like a river, I have to let it flow, but I myself determine just where the banks will go.

Some days the current takes me in waves of guilt and pain, but there are always quiet pools where I can rest again.

I crash on rocks of anger, my faith seems faint indeed, but there are other swimmers who know that what I need.

There are loving hands to hold me when the waters are too swift, and someone kind to listen when I just seem to drift.

Grief's river is a process of relinquishing the past; swimming in hope's channels, I'll reach the shore at last.

Cynthia G Kelly

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



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

#### **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

#### **Candice**

When we think of Candice, we are reminded of her gentle spirit, ability to tell and get a joke, and how she seemed to put other people before herself at such a tender age.

She loved her mom and dad and big sister, Erin, and her cousins. She liked to hold hands while driving in the car or walking Erin to school. She loved to dance and was in her sister's gymnastics class.

With Erin, we always said, "We love you most!" and with Candice, "We love you best!" It's true—we love Erin and Candice the most and the best, and that love will never change.

We miss you dearly, sweet Candice.

Love, Mom, Dad and Erin

Mary Lingle, TCF Tyler, TX

#### **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.

# **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.



