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

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 19, Issue 1

Tyler, Texas

January 2018

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

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

Co-Chapter Leaders:
Cheri Zucca & Trish Mann Taylor
Secretary: Trish Mann Taylor
Newsletter/Website: Mary Lingle
Tyler Meeting Facilitators:
Leslie & Don Dixon

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

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

The Meeting Agenda

6:30 p.m. - Meeting will begin with refreshments followed by announcement of birthdays and anniversaries and reading of the Credo. We will then have open discussion.
8:00 p.m. - Meeting will close by recognizing our childrens' names. Feel free to visit after the meeting or check out books from our library.

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Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!

Pat Akery, TCF Medford, OR

"The world loves closure, loves a thing that can, as they say, be gotten through. This is why it comes as a great surprise to find that loss is forever, that two decades after the event there are those occasions when something in you cries out at the continual presence of an absence."
—Anna Quindlen

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.

“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

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.

“Eventually we can relive our memories with real joy, grateful for them and even more appreciative of the time we had together. If you are in the midst of painful memories at the moment, take heart that it will not always be so.”
—Shirley Ottman

January Birthdays



Joshua Paul Renaud



Sarah Thompson



Carolyn Love



Hailey Rose Martin



Cameron Robinson



Alexander Johnson



Michael Rucker



Amber Glasco



Erika Stafford



Callie Ann Graul



Benjamin Gilpin



Jocelyn McCormick



Jonathan Sanders



Brooke Wallace



Travis Carpenter



Matthew Skinner



Jacob Mikel Burrell



Tripp Barton



John Kluepper



Kimberly Pryor



Kelynn J'Davion Pinson



Daron Adam Lee



Janet Florey



Paul Ragsdale



Tyler Roberts



James E. Abbie, Jr.



Amanda Michelle Valadez



Andy Hall



Daryn Keith Selman



Leo Cook



Chad Everett Guill



Dylan Prichard



Martha Allen Fields



Patrick Pinkerton



Glenn Ray Hawkins



Derek Miller

Continued on next page.



We need not walk alone.

“When I come to the end of my journey and I travel my last weary mile, just forget, if you can, that I ever frowned, and remember only the smile.”
—Author unknown

Another Year Without My Child

It's a new year and I am marking it, for the fifth time, without my child. Last month was the fourth anniversary of his death. This is one more milestone in the journey of a bereaved parent. The new year brings the promise of new adventures, happiness and prosperity to others. To bereaved parents it adds another dimension to our loss. It also brings the opportunity to look at where we are and how far we have come.

I remember the first new year's day without my son. What an empty, hollow feeling I had on January 1, 2003. My world had ended, the shock was still systemic in my mind and body, and I counted the days since he last walked, talked and laughed on this earthly plane, dwelling on the passing of days, hours and minutes since the moment of his death. I was frozen.

Looking back at that time, I recall just how the pain felt; unlike other pain, the pain of losing a child is never forgotten. I feel the familiar jolt that rocked my mind and body each time I awoke to remember that my son had died. I remember the misery of slogging through endless, meaningless days. I remember the tears, the second guessing, the anger, the guilt...I remember it all. I still bounce in and out of those emotions; this will never end. It has moderated greatly, but it never ends.

Now I am more focused on my son's life. Details about his life spring into my mind...happy times, maturing times, good times and funny times. I remember it all with the clarity that only a mother can possess. And so, that is how I will begin this new year...remembering the life of my child but never forgetting the loss.

I am a different person than I was before my son died. I feel as though a lightning bolt struck me on the day of his death, and now I perceive the world from a different vantage point. I have simplified my life from what it once was. I have many new friends who share the experience of losing a child; I have permanently removed old friends from my life who simply couldn't accept my grief and were fearful of talking about my child. I have a new understanding of the problems that other parents face...problems that a mother of one never has to address. I have become more solidly spiritual. I have gone through Dante's seven circles, walls and gates of hell and emerged as the unique person I should have been all along. People change. Bereaved parents change a great deal.

I no longer dread each new day. I no longer weep silently every night. I no longer ache from head to foot with the pain of losing my child. I read, I write, I stay active in the community. I work in my small business, doing what I want to do and what I must do. I go to museums, to movies, to stage plays. I listen to music, watch television and work in my home and yard.

Amazingly, my word recall and memory are returning. Forgetting names, events, people, destinations and other critical factors of daily life was something I dealt with for over three and half years. I thought I had lost my mind until I started talking to other parents. I have begun doing memorization exercises...something I probably should have done three years ago. I am learning that the journey through grief lasts for a lifetime. Each stage is different, each sudden, poignant memory is paralyzing and each new day brings an opportunity to evaluate progress.

Much has changed during the past four years. Much will change throughout my life. Each of us experiences the loss of our child at the deepest level of our psyches. Yet each of us comes to this place with a different set of experiences and a unique genetic composition. I cannot compare myself to others. I can only mark my tiny steps forward with a sense of wonder at the resiliency of the human mind and spirit while simultaneously accepting that I am not in control...at any moment a flash of the past might bring me to my knees. I have learned to go with it.

I have found hope for the future. It certainly isn't the future I had envisioned. There will be no late night talks with my son, no holidays or birthdays shared, no participation in my son's children's lives, no cards, no handmade gifts. That door was closed by lawsuit happy former in-laws who have no standing in my life today. I have crawled through the minefields and dodged the bullets of some pretty mentally unbalanced people and survived. I have faced the abyss of losing my only child while enduring the cruelest of sniping, the worst of intentionally inflicted pain. I did none of this with grace and finesse...I merely got through it. I survived. I became stronger by letting go of my anger. I found hope by remembering the goodness that is my son and by leaning on friends who had lost their children. These friends were there for me when I so desperately needed the comfort of kindred souls: Compassionate Friends who reached out to me gave me the glimmer of hope when all seemed forever lost and living was almost intolerable.

Now the healing process has completed its circle. I am here for those parents who need me. Strangely this helps me to heal as well. I reach out to others who are new to the process of grief, and I tell them that there is hope. One day the sunrise will again be beautiful and you will find peace within yourself. You will remember your child's life, you will honor your child's life and you will forever be changed by your child's death. But always, always, your child will remain in your heart. This is my truth to all who wish to know. Lean on us, for we have been where you are today. We will walk with you on your journey toward hope, peace and resolution. It is in this place that the healing will begin. This is a new year.

Annette Mennen Baldwin, In memory of my son, Todd Mennen, TCF Katy, TX, January, 2007





We need not walk alone.

"Lean on us, for we have been where you are today. We will walk with you on your journey toward hope, peace and resolution. It is in this place that the healing will begin. This is a new year." —Annette Mennen Baldwin

January Anniversaries



Brittany Butler



Ashley McCaa



Bonnie Lee Benson



Jason Brown



Taylor Davis



Jana Lauren Shearer



Dylan Corey



Michelle "Missy" Green



David LaTrell Milton



Makenzie Shyanne Morehead



Benjamin Gilpin



Lauren Campbell



Michael R. Peymon



Brennen Applegate



Blake Alexander King



Haylee Lee



Danielle Celeste Yura



Logan Alexander



Daron Adam Lee



Christopher Baggett



Charles "Bryan" Meadows



Mary Adams



Susie Gorman



Betsi Marie Wyatt



Rusty Welch



Jeremy Newman



Clayton Norton



Gaaron Hicks



Shellae Vicknair



Loren Saunders



Eric Branch



Brynie Leah Stithem



Derek Nolan Simoneaux



Haven Grace Davis



Travis Carpenter



Ryan Glasco

Continued on next page.



We need not walk alone.

"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

January Anniversaries Cont.



Jonathan Russell Eubank



Hailey Rose Martin



Caleb Cecil Luther



Callie Ann Graul



Connie Allred



Samuel Cade Castleberry



Erin Evans



Aubreigh Yates



Rayvn Makynze Caldwell



Joshua Baker

Thanks to Susie Q's Flower Patch in Brownsboro for donating roses, and Jon Knauss of Color Spot Nursery in Troup for donating poinsettias to our Candle Lighting Ceremony!

Some People Say . . .

"I wouldn't go to one of those grief meetings. It's morbid—people sitting around talking about the dead." How wrong those people are!

In so many ways, those who attend are saying, "I am hurting now, but I want to go on with my life." They are saying, "I am crying now, but I want to laugh again." They are saying, "I am sick in body and soul; help me get well." I see these things as healthy, not morbid.

It is not easy to walk into a meeting of any kind alone, especially one where the subject is very emotional; but once there, it takes only a few minutes to find out we are not alone; that there are those who care about us and want to help us. We see others hurting and suddenly we want to help them. I don't see that as morbid.

A grieving parent wants to talk about his beloved child who is no longer physically part of his life. That child has died with a tragic suddenness or as a result of an illness that usually takes older people. We want to know why or find a reason or some meaning in our child's death. I don't see any morbidity in trying to understand.

Memories of our child are all we have left. We have a driving need to hang on to those memories lest we lose that small bit of our child. It is not morbid to want to keep that small part alive forever, at least in our hearts and minds.

To walk into a bereaved parents' meeting is a loud shout - "I want to live and be happy again." It is a cry that "My child is dead, but I know he would want me to go on and be a better person for the suffering." It is a confirmation that "Even though part of my life is gone, there is a reason to go on." There is nothing morbid about doing what is necessary in order to re-enter the mainstream of life.

Margaret Gerner, TCF St. Louis, MO

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





We need not walk alone.

"Those who weep recover more quickly than those who smile." —Jean Giraudoux

Snow

Every snowflake that falls is unique and has its own individual design. There are beautiful patterns in each snowflake and even the tiniest of flakes have their own markings. These patterns change again and again—even after the flake touches the ground. Each snowflake is a cause for wonder, each flake is one of a kind. No two are exactly alike. Like the snowflake, our beautiful children were each unique and special; some we only dreamed about and some danced upon the earth. They filled our lives with wonder and transformed our world. We held them too briefly, but we will hold them in our hearts forever. We shall remember them always. At this time of remembering, it may help to reflect upon how our lives have been enriched by the love we have given and the love we have received from our children. Our children leave treasures behind that time can never take away.


Denise Falzon, TCF Lake Area, MI

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

In loving memory of
**Knox Knight by
Andrea & Chris
Knight**



In loving memory of
**Christopher Molnari
Love, Aunt Kim &
Uncle Tom**



In loving memory of
**Lori Jean Campbell
by William A. Johnson**




In loving memory of
**Zack Bradley by
Cristal Rodriguez
Stowe**



In loving memory of
**Sarah Thompson by
Carol Thompson**



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



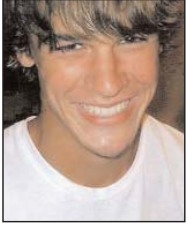
In loving memory of
**Alex Conway by
Robert & Trisha
Taylor**



In loving memory of
**Andy Terrell by
David & Teresa
Terrell**




In loving memory of
**Chris O'Leary by
Merri Walsh**



In loving memory of
**Leah Zucca by
Jim & Cheri Zucca**



In loving memory of
**Chad Cavazos by
Dale Cavazos**



In loving memory of
**Christopher Loper
by Tina Loper**



In loving memory of
**Jared Sheets by
Carol & Shane
Johnson**



In loving memory of
**Stephanie Settle by
Danny & Pat Settle**




We need not walk alone.

"No one ever told me that grief felt so like fear." —C.S. Lewis

January Birthdays Cont.



Aubreigh Yates



John Miller



Kelbi Mathis



Richard Allen
Wilgus



Kammon Gebo



Hudson Ayers



Brian Peel



Madelyn Moore

"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

Shoeprints

It has been nearly two years since our eleven-year-old Benjamin went to God's space after a lifelong battle with epilepsy. On his funeral notice we asked people to donate puzzles in his honor. It was my wife's idea to donate them to local schools and hospitals. We named it the 'P is for Puzzle program.' Benjamin was autistic and was fixated on the alphabet and would often ask 'P is for...?', 'what is the T for?' He had a real love for puzzles. In fact—he could sit down and do them over and over again.

I was in Carnival shoe store one day with one of my other sons purchasing him a pair of shoes for school. I asked him if I could take advantage of the buy two pairs get the second one half price deal. He was surprisingly agreeable. I rarely buy footwear, so I just grabbed a pair of plain tan cloth Skechers for less than twenty dollars, without trying them on or taking them out of the box. I just took them up to the counter, paid and left the store.

Where we live in East Texas outside our house the soil is very sandy. So after I first wore my new shoes I had to shake the sand off. Well, I looked down and all I could see was a trail of puzzle prints. Tears welled up in my eyes. I have always known Benjamin is still with me but this took me aback. I looked down at my shoes and turned them over and of all the thousands of shoes in the store I had bought one of the fifty pairs that had puzzle prints on the bottom of them on an adult men's shoe line. No one but God knew the significance of that swift and simple purchase. Today I rarely wear anything but those puzzle print shoes and I have returned to the store and now have a couple of extra pairs stored away.

I received a powerful message that day that even in the corners of a large cluttered shoe store God can have a message for you if you open your eyes and allow him to lead the way. It would have been so easy for me not to have even bought the shoes but now a simple pair of shoes reminded me to see the beauty in the simple things once again. I look at the tracks in the sand I am thankful for every moment I was able to spend with my sweet son. Each track was part of a remarkable picture and each was a blessing in itself. God bless you, Benjamin.

Stuart Gilpin, TCF Tyler, TX

Join us for crafts and more!

Carol Johnson is going to facilitate craft fun, January 27, 2018, from 10 a.m. till 12 noon at our meeting place. Light snacks will be provided. Bring your creative ideas or just attend for the fellowship. We are planning to have a journaling workshop soon! Watch for details. If anyone is interested in holding a grief share workshop, we would love to accommodate at our nice meeting place.





We need not walk alone.

"Grief is not an illness that needs to be cured. It's not a task with definable, sequential steps. It's not a bridge to cross, a burden to bear or an experience to 'recover' from. It is a normal, healthy and predictable response to loss."
—Donna L. Schuurman

I Don't Know Why

I don't know why.
I'll never know why.
I don't have to know why.
I don't like it.
I don't have to like it.
What I have to do is make a choice about my living.
What I do want to do is accept it and go on living.
The choice is mine.
I can go on living, valuing every moment
in a way I never did before,
or I can be destroyed by it and,
in turn, destroy others.
I thought I was immortal.
That my family and my children were also.
That tragedy happened only to others.
But I know now that life is tenuous
and valuable.
So I am choosing to go on living,
making the most of the time I have,
valuing my family and friends
in a way never possible before.

From the book, *My Son, My Son*, by Iris Bolton,
whose son Mitch died by suicide.

A Name for My Pain

I have given a name to my pain—
it's called "Longing."

I long for what was,
and what might have been

I long for his touch and smell of sweat;
I long to hold him one more time.

I long to look on his beautiful face
and impress it upon my memories and heart.

I long to return to the day before
and protect him from his death.

I long to take his place,
so he may live and have sons too.

I long for time to pass much faster,
so my longing and pain will lessen.

Will they?

June Williams-Muecke,
TCF Houston West Chapter

To My Friends

This is my pain.
Let me feel it.
Don't tell me not to cry.
I know you mean well, dear friend.
But telling me not to cry,
Tells me you don't understand.
But, how could you, really?
Have you lost a child?
Have you given birth, loved and laughed,
And then watched him die?
This is my pain.
Let me feel it.
Be patient with me when I want to scream
to cry
or be crabby
or talk about him
or be alone.
This is my pain.
Let me feel it.
I know you'd take it all away,
if you could.
But you can't.
I can't avoid it,
Or stuff it down somewhere,
Or run away from it
Because it always finds me again.
The cold, hard fact is,
That I had a child that died,
and it hurts.
So I know, that this is my pain,
And I have to feel it.
To get through it.

Carolyn Johnson, TCF Yuba City, CA
From *We Need Not Walk Alone*, Summer 1994

Endowment

Hope gives us vision for regaining
the tenderness of memories.
Hope carries us through to survival and healing.

Hope offers us courage
for acceptance and overcoming.
Hope gives us new spirit and new laughter.

Hope is among the greatest gifts
to be found in time of sorrow.
But hope cannot restore on earth
what is lost to death.
Hope can only go forward and make us new.

Give space to hope in your life.

By Sascha, From *LARGO*, Fall 2001



We need not walk alone.

"The closest analogy I can think of to explain this whole experience is that I am like a child whose nose is pressed up against the window pane of life when all of a sudden, the window shatters. I am so busy trying to pick up the pieces to protect the others and insure that no one else gets hurt that I do not realize until much later that my arms and hands are bleeding heavily." —Kim Bernal

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 - 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 903-422-0358. We want to get it right and will correct the information for future use. Thanks very much.

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

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

Announcements

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

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

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

VOLUNTEER OPPORTUNITIES!

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

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

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

Butterfly Release

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

