

A special THANKS to Melissa at Landmark Business Park for allowing us to stay rent-free for a few months while we search for alternative meeting locations.



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!

*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 21, Issue 1

Tyler, Texas

January 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,  
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, Heather Ogg, Kim  
Cathey, Mary Lingle

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

**The Meeting Agenda**

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

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

**In This Issue...**

Welcome .....	2
Grief Resources .....	2
Announcements .....	3
Another Year.....	3
Birthdays .....	4-5
Anniversaries .....	6-7
Important Notice from TCF of Tyler .....	7
Newsletter Sponsors .....	8
Donations .....	8
A Vision of the Future.....	9
Poems .....	10

**As a New Year begins . . .**

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

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

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

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

Sincerely,

Cheri & Trisha

**To All Bereaved Parents . . .**

I am a recovering bereaved parent. I was a parent by choice. One of my children died; I became a bereaved parent, certainly not by choice. As I tried to recapture the security of what was, after many agonizing months, I would always hurt and miss my dead son, and that, ultimately, only I could be responsible for recovering this hateful disease called grief.

I had to make the choice of being a bereaved parent or a recovering bereaved parent. I chose the latter. I sometimes fall off the wagon, and I know that I always will. The love of my child will never leave me, but thank God for being a recovering bereaved parent.

It does take time, however, so don't give up on yourself. It may take more or less time for some others. Be patient.

Eunice Guy, TCF Atlanta, GA

**"Thank you" to TCF leadership and members for providing resources, friendship, light and glimpses of life-giving hope over the last 15 years.**  
-Carol Thompson

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.

"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

### 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](http://compassionatefriends.org)  
Also offers grief support for **siblings & grandparents**

**The Childrens Park:** [www.childrensparktyler.org](http://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](http://www.glorybabies.com)

**GriefShare:** [www.griefshare.org](http://www.griefshare.org)

**Smith County Victim Services Division**  
[www.tdcj.state.tx.us/divisions/vs/counties/smith.html](http://www.tdcj.state.tx.us/divisions/vs/counties/smith.html)

**The Hospice of East Texas:** [www.hospiceofeasttexas.org](http://www.hospiceofeasttexas.org)

**Victim Services Division - Texas Department of Criminal Justice - Online Resource Directory**  
[www.tdcj.state.tx.us/divisions/vs](http://www.tdcj.state.tx.us/divisions/vs)

**Survivors of Suicide:** [www.allianceofhope.org](http://www.allianceofhope.org)

**Samaritan Counseling of Tyler:** [www.scctyler.org](http://www.scctyler.org)

**Tyler Counseling & Assessment, LLP:** [www.tyler-counseling.com](http://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](http://angellayettes.org) • 903-534-5212

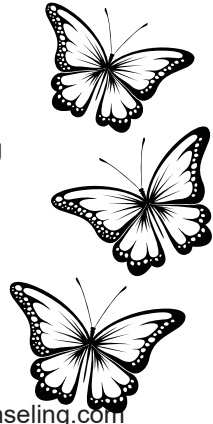
**University of Texas at Tyler Psychology and Counseling and Training Clinic:** 903-593-2348

**The Cope Foundation:** [www.copefoundation.org](http://www.copefoundation.org)

**Grief Camps for Kids:** [www.moyerfoundation.org/programs](http://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.



## 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](http://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.*

"The people we meet in Compassionate Friends understand us. They are us. They listen and speak with their hearts. They have each experienced the loss of a child. They hurt with us, and their pain is as real as ours. We learn from each other."  
—Annette Mennen Baldwin

### January Birthdays



Joshua Paul Renaud



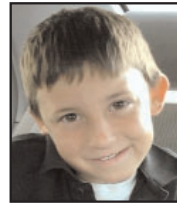
Sarah Thompson



Carolyn Love



Hailey Rose Martin



Cameron Robinson



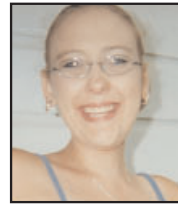
Alexander Johnson



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



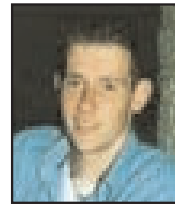
John Kluepper



Kimberly Pryor



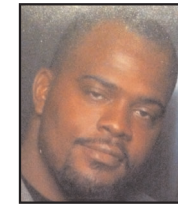
Kelynn J'Davion Pinson



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.*

"Grief becomes bearable when we are able to trust that it won't last forever, not when we pretend that it doesn't exist." —Alla Bozarth-Campbell

### A Vision of the Future

It was Christmas Morning, when all alone, I arrived at the Cemetery around 9:30 A.M.

The morning was mild and overcast gray with a slight mist creating a discomfort to my arms and shoulders. On this wondrous day, I went to the gravesite to visit with Loral and Macy, my beautiful Grand Daughters, who died in a tragic car/train crash 18 months and one week earlier.

This was the second Christmas that I have had to endure without the presence of their bright, shiny, and smiling faces. This is the second Christmas that I had to endure this great celebration without the sound of their joyous laughter so in tune with their brothers, sisters, and cousins.

This morning, while alone at the gravesite, as usual I talked with the girls, I prayed over them. I told them of all the gifts that their cousins, brothers, and sisters had received for Christmas. I cried that I never lose memory of their facial expressions of smiles and tears, and the sounds of their happy and sad voices.

There is a bench nearby and I sat down and enjoyed the silence and peacefulness of the cemetery. The gray weather seemed more tolerable now that I was able to release some inner feelings with my visit.

As I sat on the bench, enjoying the serenity of the cemetery, an old car drove up and stopped across the way.

From this car, slowly emerged an elderly man from the passenger's side. His hair was white and he was tall and gaunt from his elderly stage of life. The driver, an elderly lady, got out of the car and carefully made her way around to assist the old man who, with a walking cane, had slowly and carefully proceeded to walk toward a destination. The fragile old lady held his right hand to help keep him balanced and possibly to keep her own self upright. Slowly and carefully, they walked maybe forty feet where they stopped and stood side by side. There they looked down at a grave marker. After a minute or so, the old man very weakly and carefully bent over and touched the headstone and then slowly rose to the erect position and lifted his hand to wipe the tears from his eyes as he gazed far across the cemetery. The lady, also wiping tears, turned from the marker and slowly made her way back to the car as the old man stayed still and stood over the grave. She entered the car with a strained and unmistakable form of grief showing on her face.

The old man, in the manner of a soldier, stood erect, completely still, not moving his head or any other part of his body as he gazed across the cemetery, stood several minutes and then he bent over and touched the marker again. Somehow it was so easy for me to visualize and feel his loving respect for the person beneath the headstone. Again the man raised and stood erect and gazed across the cemetery for several more minutes. I sensed that he saw nothing but the events of the past, and that he was in a trance with a mind full of memories of a lost child of long, long, ago.

Never before in my life could I have felt this sort of understanding and compassion burning from within me, in observation of a stranger in grief.

The old man touched the headstone one more time and then turned and carefully made his way back to the car where the lady helped him get back in.

Then they just drove off—probably to finish their Christmas Day routine of many long years of grief, possibly for the loss of their child.

What I saw this morning was only my observation and distinct feelings that they were grieving for a lost child. Here were people in their eighties or maybe early nineties that withstood the grief of a lifetime, who still grieve, who still have memories, and who still await that great reunion. They are closer to that date than most of us, and to that, I felt envy.

This simple observation and realization on this Christmas morning is a signal or sign to me softly confirming that the journey of grief in the loss of a child, will always be with us all of the way to our road's end.

Even though it is a rough road, it is our road. We cannot change that. It is a road for "People Like Us" who have lost children.

Our road will go into the books and be a part of our legacy. Our descendants will know of our road, but hopefully, will never have to understand or endure that road.

I dearly miss Loral and Macy...and always will.

*PawPaw, Donald Moyers, TCF Galveston County, TX; In Memory of Loral and Macy*





*We need not walk alone.*

"Grief is neither an illness nor a pathological condition, but rather a highly personal and normal response to life-changing events, a natural process that can lead to healing and personal growth. The transition through this difficult time is the courageous journey." —*Sandi Caplan and Gordon Lang, in Grief's Courageous Journey: A Workbook*

### 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



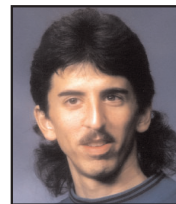
Benjamin Gilpin



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



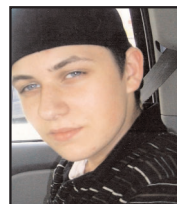
Rusty Welch



Jeremy Newman



Clayton Norton



Gaaron Hicks



Shellae Vicknair



Loren Saunders



Eric Branch



Brytnie Leah Stithem



Derek Nolan Simoneaux



Haven Grace Davis



Travis Carpenter



Ryan Glasco

*Continued on next page.*



*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*

### January Anniversaries cont.



Jonathan Russell Eubank



Hailey Rose Martin



Caleb Cecil Luther



Callie Ann Graul



Connie Allred



Samuel Cade Castleberry



Joshua Baker



Erin Evans



Aubreigh Yates



Rayvn Makynze Caldwell



Christopher Cagle



Michael Anthony Gonzalez



Eric Branch



Lincoln Garyt Allen

### 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](http://www.skillerns.com), or call 903-561-5591.

Recently a TCF member did a fundraiser through Scentsy and earned nearly \$200 for the Tyler Chapter. If you have ideas about fundraisers and/or know of a business that would like to support TCF of Tyler, please let us know. (See page 3 for more donors.)

We have been in East Texas supporting our communities for over 20 years and hope to be here for years to come.

Please consider supporting TCF of Tyler.

Thanks,  
TCF of Tyler Chapter





*We need not walk alone.*

"My grief and pain are mine. I have earned them. They are part of me. Only in feeling them do I open myself to the lessons they can teach."  
—Anne Wilson Schaefer



*We need not walk alone.*

"This we owe our beloved dead, whether young or old: to wipe from our memories all that was less than their best, and to carry them in our hearts at their wisest, most compassionate, most creative moments. Is that not what all of us hope from those who survive us?" —Elizabeth Watson

### January Birthdays cont.



Aubreigh Yates



John Miller



Kelbi Mathis



Richard Allen Wilgus



Kammon Gebo



Hudson Ayers



Brian Peel



Madelyn Moore



John Klueppel



Skyler Lucas



Miles McBrayer

### 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 Sketchers 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*

### 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*

## Sarah Thompson

### In loving memory of Sarah

### by Carol Thompson



**This month's newsletter is sponsored by Carol Thompson.**

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

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

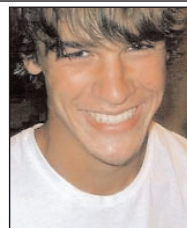
In loving memory of  
**Alec Thigpen** by  
**Nannette Ray**



In loving memory of  
**T.J. Anderson** by  
**Mona Anderson**



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**





*We need not walk alone.*

"There is a crack in everything. That's how the light gets in."  
—Leonard Cohen, "Anthem"

### Crossing

Vast separation,  
hard-driving grief,  
loom everlasting,  
but earth's year runs brief.  
Time circles round spinning  
toward celestial beginning.  
Radiance.  
Redemption.  
Reunion.

*Carol Thompson  
Always Remembering Sarah  
2020*

### The Anniversary

Let me be sad today,  
Give me this day to mourn.  
It's the date my little son died,  
And also the date he was born.

Let me think back to his birth  
The fear of viewing him, dead.  
Memories of holding him close,  
And cradling his little head.

Allow me to visit his grave,  
To let a few balloons go,  
To place flowers lovingly,  
And trim the grass that does grow.

Allow me tears to cry,  
Love fills my heart to the brim  
Spilling it on those close by.  
While always longing for him

*Elizabeth Dent  
TCF McMinnville, OR*

### Forgive Me, Friend

Forgive me, Friend  
If I don't seem there-  
If I seem a little distant  
Or you think I don't care.  
My child has died

It's hard to explain  
My down-an-out days  
When I don't respond  
Or I seem in a daze

My child has died.

I seem to be happy  
When I suddenly cry-  
The emotion overpowers me,  
Hard as I try.  
My child has died

So forgive me, My Friend,  
When I can't seem to give.  
I'm doing all I can  
Just to get up and live.  
My child has died.

*Gretchen Warren  
TCF Solano County, CA*

### Come Sit With Me

Come sit with me awhile and let me  
Hold your hand, I understand your  
Sorrow and know you need a friend.

I understand the pain that lies within your heart,  
I have felt the silent screams that tear you all apart

I know about the sleepless nights that last so very long,  
I understand the emptiness when you hear that special song.

Come share with me your memories and let me be  
Your friend, you can cry, laugh or say nothing at all,  
And I will understand.

Come sit with me my friend, I'll try to help you through.  
I understand my friend, for I have been there too.

*Judy Peckinpaugh  
TCF Inland Empire, CA*

*"When she transformed into  
a butterfly, the caterpillars  
spoke not of her beauty, but  
of her weirdness. They wanted  
her to change back into what  
she always had been.  
But she had wings."*

- Dean Jackson



*We need not walk alone.*

"He that conceals his grief finds no remedy for it."  
—Turkish Proverb

### 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](mailto: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](mailto: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](http://www.tylertcf.org)**

### Another Year

This is another year just beginning—afresh with new days, new opportunities, new challenges. It occurs to me, however, that it is a very difficult task to keep from concentrating on past years and the sadness we endure just because it is a new year and the calendar has flipped the page.

Moving on to a brighter tomorrow and letting go of the pain of yesterday is a gradual process. We cross that threshold one step at a time - a small step, at first, faltering and stumbling—but somehow getting there. With patience, effort and persistence, once again we will be able to celebrate life as the year stretches on before us, putting behind us our sadness, our guilt, our failures and our pain.

We will be able to smile again. We will be able to remember our precious children in life rather than death. We will recognize in our days many little blessings and will be able to share our joys with others.

*Alice Weening, TCF Cincinnati, OH*

### 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](mailto: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](http://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 butterfly sign, please contact us to pick it up the end of April or first of May so you can put it out at place of your choice.
- Pre-Registration is required every year to have your child's picture in the butterfly garden. (We are very sorry, but due to growth we need to know who will be attending.)
- 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](mailto:info@TylerTCF.org).

