

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



www.TylerTCF.org

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

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

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

We need not walk alone.



Tyler, Texas 75711
P.O. Box 9714

THE COMPASSIONATE FRIENDS



*The
Compassionate
Friends*

Supporting Family After a Child Dies



We need not walk alone.

Volume 20, Issue 7

Tyler, Texas

July 2019

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

Contact

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

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

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

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

The Meeting Agenda

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

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

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We Are The Compassionate Friends

We are The Compassionate Friends, a group that's like no other. Membership requires that you be a father, mother, grandfather, grandmother, brother or sister.

The other thing that we will share can rob our lives of fun. This sad and devastating thing is the death our son, daughter, grandson, granddaughter, brother or sister.

We are The Compassionate Friends. Unimaginable pain consumes our hearts. We share our grief with others like us who help urge our healing to start. We have a safe environment where no one will criticize or judge. This truly helps our traumatized hearts as day-by-day we trudge.

We are The Compassionate Friends, at different stages within our own grief. We share hugs and tears, silence and words, hoping to ease the pain beneath. Grieving is done in stages, steps that may not go in order at all. Sometimes we'll move forward then back again we'll fall.

We are The Compassionate Friends, healing grief at our individual pace. It's important to know it's a process and certainly not a race. Everyone grieves differently, some with outward signs so bold. Yet others are more private. Their grief inside they'll hold.

We are The Compassionate Friends, learning how the grieving process works. The only thing we all know for sure is this pain in our hearts really hurts. Some people say our pain will ease, with time, and to take it day-by-day. The pain may ease. But we all know it will never go away.

We are The Compassionate Friends. We have chapters all over the globe. We come from different backgrounds, and we may be young or we may be old. However, the goal we all share is similar because of our common bond. We need to cope with our shattered lives and somehow move beyond.

We are The Compassionate Friends; reaching out to each other in love. We share pain and joy and anger and peace, as we speak of our child above. We struggle together with doubts and with faith as we grieve and begin to grow.

Here is the most important point that we all really need to know; we are The Compassionate Friends, and we need not walk alone.

Barbara Stacy, In memory of her son, Quentin Mitchell Stacy

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

Welcome

We extend a warm welcome to those who attended their first TCF meeting last month.

We deeply regret the circumstances that brought you to our TCF Chapter. The Compassionate Friends is a mutual assistance, not-for-profit, self-help organization that offers support and understanding to families who have experienced the death of a child. You are cordially invited to attend our monthly meeting (held the third Monday of the month). The meeting is open to everyone and free of charge. You are free to talk, cry or to sit in silence; we respect the individuality of mourning. Comments shared in the meetings remain confidential.

Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF. Your voluntary, tax deductible donations honor your loved one(s) in a meaningful way by enabling us to print and mail this newsletter and meet other expenses involved in reaching out to other grieving families (100% of funds are used for this outreach). Donations, along with the name of the person being honored, may be sent to:

The Compassionate Friends of Tyler
P.O. Box 9714
Tyler, Texas 75711

To Our New Members

Coming to your first meeting is the hardest thing to do. But, you have nothing to lose and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third or fourth meeting might be the time you will find the right person—or just the right words spoken that will help you in your grief work.

To Our Old Members

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting we have new parents. Think back—what would it have been like for you if there had not been any "oldies" to welcome you, share your grief and encourage you? It was from them you heard, "Your pain will not always be this bad; it really does get softer."

Grief Resources

Note: Some resources are based on individual opinion and experience and are not officially endorsed by the organization. The hope is that you may find a grief resource helpful to you and your family. We will continue to build on our resources column. Please let us know of any of your personal recommendations. Thank you.

Compassionate Friends (International Website) compassionatefriends.org
Also offers grief support for **siblings & grandparents**

The Childrens Park: www.childrensparktyler.org
Glory Babies meets the third Tuesday of every month at 6:30 p.m. at Alison house next to The Children's Park of Tyler: www.glorybabies.com

GriefShare: www.griefshare.org

Smith County Victim Services Division
www.tdcj.state.tx.us/divisions/vs/counties/smith.html

The Hospice of East Texas: www.hospiceofeasttexas.org

Victim Services Division - Texas Department of Criminal Justice - Online Resource Directory
www.tdcj.state.tx.us/divisions/vs

Survivors of Suicide: www.allianceofhope.org

Samaritan Counseling of Tyler: www.scctyler.org

Tyler Counseling & Assessment, LLP: www.tyler-counseling.com

Angel Layettes brings comfort to families grieving over the loss of an infant from miscarriage, stillbirth or death shortly after birth, and honor and dignity to the memory of the precious baby. Angel Layettes provides without charge custom designed burial layettes and keepsakes. angellayettes.org • 903-534-5212

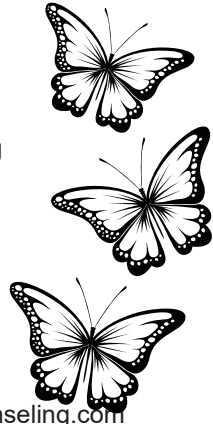
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

The Cope Foundation: www.copefoundation.org

Grief Camps for Kids: www.moyerfoundation.org/programs

WINGS was established through Hospice of East Texas in 1993 to help children navigate the grieving process. WINGS, "a comprehensive bereavement program that provides both emotional support and grief education," offers a camp (Camp G – grieve, grow and go forward) twice a year. For more information or to register for a grief support program, contact the Hospice of East Texas Bereavement Department at 903-266-3400 (Extension 127) or call 1-800-777-9860.

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



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



The Compassionate Friends of Tyler

P.O. Box 9714
Tyler, TX 75711

We are happy to send our newsletter to you. We hope that it is helpful to you to be kept informed of chapter resources and activities and that you still wish to receive our newsletters that contain excellent material relating to grief issues.

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

Your Name: _____

Child's Name: _____ Relationship: _____

Birth Date: _____ Death Date: _____ Cause of Death: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Telephone: _____

E-mail: _____

Please check any of following that apply:

Due to the rising cost of postage, please send newsletters via email. My email address is _____.

I prefer not to receive the newsletter via email and would like to continue having a hard copy sent to the mailing address you have on file for me.

Please update my mailing address: _____

No thank you, I'd prefer to stop receiving the newsletter. (Newsletters are posted monthly on our website.)

Please include my child's name and picture in the slide presentation at the Candle Lighting Ceremony.

Please include my child's picture and information on the TCF Tyler Web site. (www.TylerTCF.org)

I am enclosing a memorial to support The Compassionate Friends in the amount of _____
Please make check payable to TCF

In memory of _____

Please use this gift for: TCF Newsletter Butterfly Release Candle Lighting TCF Events

The continuation of this chapter's work depends on donations. If you have not taken the opportunity to give a donation in memory of your child please consider taking this time to give a gift that will help reach out to other newly bereaved parents.

We must have your written permission on file to use your child's name and/or picture in the newsletter, Web site, Candle Lighting Ceremony or any other TCF event. Permission may be withdrawn at any time by written request. This information is used to maintain our Chapter Database. It is confidential and is only utilized for Chapter activities such as the newsletter.

(Signature) Date: _____

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



We need not walk alone.

"I must shed the heavy and lingering depressing robes I wore in days past to experience the emergence of a new, lighter and warmer time."
—Anita Moorehead

July Birthdays



Morgan Finley Lambeth



Robert Lynn McMahon



William Jeffrey Stack



Melissa Elaine Majors



Shiloh Paisleigh Gray



Justin Corey Modisette



Madeline Joy Kearney



Cobin Frazier



Terry Wayne Brown



Grant Williams



Cameron Weatherly



Lester "Bubba" Chase



Andrew Moreno



Ryan Delaney



John Shade



Ashton Wayne Yates



Josh Chambers



Laura Wilkinson



Kyle Beck



Lindsey Peyton Goen



Carly Smith



John Wallace



Adrian Hampton



James Fincke



James Wilkinson



Jaime Arellano, Jr.



Christopher Mize



Felicia Hobbs



J.L. Adams



Nathan Spataro



Tommy Ford



Evan Blake Alexander



Alex King



Darrell Lynn Sallas, II



Darrell Bolton



Brad (BJ) Huggins

Continued on next page



We need not walk alone.

"So when tomorrow starts without me don't think we're far apart, for every time you think of me I'm right there in your heart." —Unknown

Lindsey Barton

**In loving memory
of Lindsey**

**by Barbara &
Lee Barton**



This month's newsletter is sponsored by Barbara & Lee Barton.

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

Melissa Majors

**In loving memory
of Melissa**

by Janet Majors



This month's newsletter is sponsored by Janet Majors.

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





We need not walk alone.

"Your memories are not a delusion; they are a glimpse of a reality far more solid and lasting than this world will ever offer. Take comfort in this: those we love may be separated from us by death; but nothing can ever take them from our hearts." —*Eldyn Simons*

July Anniversaries



Erika Reyes



Sara Ann Plocheck



Shiloh Paisliegh Gray



Jamie Allen



George Washington Shaw, III



Shanna Marie Redmond



Michael Knight



Jason Bollard



Trey Dobbs



Kathy Jo Tumminello



Brian St. Clair



Ryan Delaney



Adam Grabill



Brian Christopher Harris



Christopher Andrews



Grant Williams



Gregory Davis, Jr.



Coby Deese



Herby Parr



Kody Dale Hughes



Shane Odening



Lance Alan Massey



Scott Bradshaw



Graham Gill



Ke'Andre Ross



Justin Turbeville



Aceyn Richards



Ashley King



Keith Radabaugh



Megan Parrish



Joshua McDaniel



Brian McDaniel



Kayla Denise Wager



Linton Daniel Wilgus



Johnny Snyder



Glenn Ray Hawkins

Continued on next page.



We need not walk alone.

"Blessed are those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart." —*Jackie Deems*

July Anniversaries Cont.



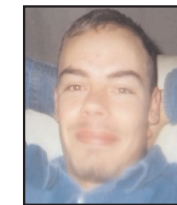
Renee Seale



Caleb Scott Jones



James Permenter



Matt Mears



Walter Dale "Skipper" Winningham



Christopher Mize



Lisa Marie Tutt



Chandler James "Jimmy" Brazell



James E. Abbie, Jr.



Dex Bailey McLean



Morgan Finley Lambeth



Ben Smith



Andrew Moreno



Allison Carson



Brian David Stewart



Missy Rogers



Chasen Shirley



Timothy Allen Hawkins



Rachel Jackson

Find us on Facebook at: [Facebook.com/TylerTCF](https://www.facebook.com/TylerTCF)

Not Guilt, Regret

One of our basic responsibilities as parents is to keep our children from harm. So, when anything happens to them, we feel guilty whether we could realistically have done anything or not. When the ultimate tragedy occurs, we are devastated. How could we let it happen? Why didn't we stop it? If we have compounded our guilt with any degree of human error of commission or omission, we are beyond devastation. Even words, either of anger or left unspoken, haunt us.

Guilt implies intent. If we intended to harm our child, we can feel guilty of that. If we never intended harm to ever, ever come to our child, the correct name for our emotion is regret. The crushing pain is still there, but regret is softer, gentler, less judgmental, and easier to forgive and to heal. It is also more accurate. If that name doesn't feel strong enough for our feelings, it will in time. Let it float there and try it now and then. Not guilt—we feel regret.

Kitty Sanders, Nashville, TN, Survivors of Suicide Group





We need not walk alone.

"Some experts estimate that in the face of a child's death, two years is a reasonable grieving period. Others double that figure. The truth is, it takes as long as it takes—sometimes a whole lifetime." —Elizabeth Mehren

Vacations

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind at a hideaway tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobble streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after her death, we found fast paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution; do allow enough time for sleep, otherwise an exhausted body can depress you.

We've said it many times; you have to find your own way and your own peace. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change, it can help with your re-evaluation of life.

Elizabeth Estes, TCF Augusta, GA

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

In loving memory of
Alex Conway by
Robert & Trisha Taylor



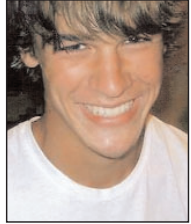
In loving memory of
Candice Lingle by
Mary Lingle



In loving memory of
Andy Terrell by
David & Teresa Terrell




In loving memory of
Chris O'Leary by
Merri Walsh




In loving memory of
Leah Zucca by
Jim & Cheri Zucca



In loving memory of
Chad Cavazos by
Dale Cavazos



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



In loving memory of
Jared Sheets by
Carol & Shane Johnson



In loving memory of
Stephanie Settle by
Danny & Pat Settle




We need not walk alone.

"...we need not feel guilty about feeling improved and happier down the road from our child's death. Our children would not want us to be unhappy." —Helen Armstrong

July Birthdays Cont.



Lindsey Barton



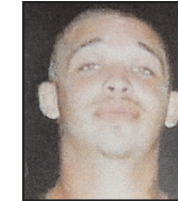
Stephen "Chadwick" Williford



Jason Eubank



Ryan Goff



Colton James Bain



Keisha Knauss



Michael Slay Chapman



Travis Morris



Angela Frazier



Suzanne Renee' Glover



Sheila Nolen



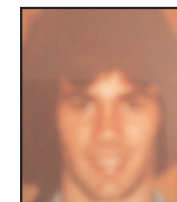
Jasmine Pruitt



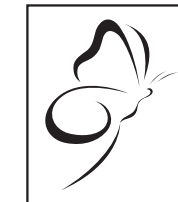
Brevon McCarty



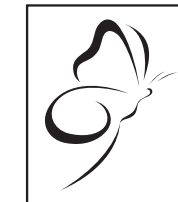
Zachary Bradley



James Rawls



Joshua Baker



Ke'Andre Ross



Zain Hussain



Garrett Sullivan

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 website and more!



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.





We need not walk alone.

“Let us be reminded to cherish every moment of our lives, and to tell those close to us how much we love them.” —R. Benjamin Cirlin, Grief Counselor

Send Back The Noise

It's way too quiet here, since our son is not around. I'd pay any price to again hear the sound of a basketball rhythmically hitting the ground; or to answer the question, "Dad, can you make this shot? Pass the ball, probably not!"

His bedroom looks more like a sporting goods store. But those balls, gloves and cleats aren't used anymore. Soccer, basketball, football or lacrosse; just one more game, win, tie or a loss.

I'd buy one more ticket, regardless of the cost. It's too quiet around here; things aren't the same, I'd settle for a sound of a video game.

I know it's not possible to get back our boys; so please God could you just send back the noise?

Peter Graves, TCF San Diego, CA

I Thought of You with Love Today

I thought of you with love today, but that is nothing new. I thought of you yesterday and days before that too.

I think of you in silence, I often speak your name. All I have are memories and your picture in a frame.

Your memory is my keepsake, with which I'll never part. God has you in his keeping; I have you in my heart.

Grief only becomes a tolerable and creative experience when love enables it to be shared with someone who really understands.

Simon Stephens

Safely Home

I'm safely home in Heaven; though I know you miss me so. The love I've always felt for you, within my heart still flows.

My spirit will remain with you every single day, appearing as a rainbow or as ocean waves at play.

I'm in the gentle rains that fall, and in the morning dew. All you see that's beautiful reflects my love for you.

I didn't mean to cause you pain, my time had simply come. The work that I was meant to do on earth had all been done.

I'm safely home in Heaven, where eternal peace is mine. And where and when God has called you too, I'll be forever Thine.

Author Unknown

Stillborn

With love I conceived and I bore you, I dreamt of you when I was a child.

As I felt you grow I adored you, with your first feeble flutter I smiled.

Happily I hummed an old lullaby, while I readied your room and layette.

With thumps and bumps I felt you reply, playing percussion in a happy duet.

Each day that passed our future I planned, where we would go and the things we would do.

We'd take trips to the beach and play in the sand, and go to the circus and visit the zoo.

Nine joyful months together we spent, looking ahead to all that would be.

Quickly you came, and just as quick went, and the two of us now is just me.

A past that has passed; a future that's gone; everyone's back to normal again.

While here I am, lost and alone, torn by thoughts of what might have been.

Memories die out like an ember, I struggle to hold them.

And yet it's very hard to remember, when you were not here to forget.

Rachel's Cry – A Journey Through Grief

Newly Bereaved — Thoughts When You Are Depressed

Don't ever try to understand everything; some things will just never make sense. Don't ever be reluctant to show your feelings, when you're happy, give in to it. Don't ever be afraid to try to make things better, you might be surprised at the results. There is always somebody there for you to reach out to. Don't ever forget that you can achieve so many of the things you can imagine. Imagine that! Don't ever stop loving; don't ever stop believing and don't ever stop dreaming your dreams.

TCF Orange Coast, CA



We need not walk alone.

“Our losses change us and change the course of our lives. It's not that one can never again be happy following an experience of loss. The reality is simply that one can never again be the same.” —Ann Kaiser Sterns

Love Gifts



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

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

- Merri Walsh in memory of Chris O'Leary - rent
- Carol & Shane Johnson in memory of Jared Sheets - rent
- Danny & Pat Settle in memory of Stephanie - rent
- Jim & Cheri Zucca in memory of Leah - rent
- Robert & Trisha Taylor in memory of Alex Conway - rent
- Barbara Barton in memory of Lindsey - rent
- Dale & Phyllis Cavazos in memory of Chad - newsletter
- Tina, Johnathan & Heather Loper in memory of Christopher - TCF Phone
- David & Teresa Terrell in memory of Andy - rental of a storage building

See more love gifts on page 7.



Newsletter Submissions

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

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

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

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

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

Announcements

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

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

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

Event reminders for parents:

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

VOLUNTEER OPPORTUNITIES!

Dear TCF Members,

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

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

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

Sincerely,
Cheri & Trisha

