

Meeting Location: First Christian Church, 4202 S. Broadway • Tyler 75703
Please park behind the sanctuary in front of the Christian Life Center. Every 3rd Monday at 6:30 p.m.

We need volunteers to keep your Compassionate Friends chapter afloat. Please contact us to help in any capacity—once or for a few months or more. Any help will be greatly appreciated!



www.TylerTCF.org

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

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1604 Grande Blvd., Tyler, TX 75703
903-561-5591 • www.skillerns.com

**Please join us at 900 S. Broadway Ave. Tyler, TX 75701.
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 22, Issue 7

Tyler, Texas

July 2021

Monthly Group Meeting

**Tyler Area Meeting
First Christian Church
4202 S. Broadway
Tyler, TX 75701
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

Chapter Leader: Heather Ogg;
Secretary: Trish Mann Taylor;
Newsletter/Website: Mary Lingle; Tyler
Meeting Facilitator: Heather Ogg

Steering Committee: Cheri Zucca, Janet Majors, Trisha Mann Taylor, Barbara Barton, Carol Johnson, Heather Ogg, Kim Cathey, 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 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.

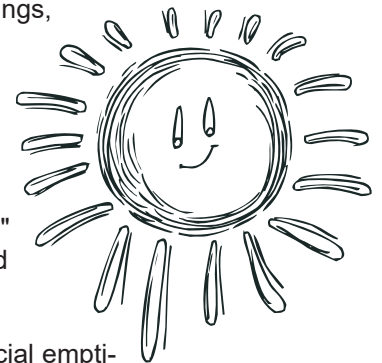
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Summertime

It sounds so easy. A soft, warm word—time to run barefoot, time to leave windows open all night. Summertime. Somehow it seems, doesn't it, that it's especially meant for children. Children on beaches, children on swings, children in large pools, children in tiny tubs.

We who do not have all of our children with us may feel the summertime in two ways. One is to remember shared events and adventures—there were so many. Long rides in a hot car, a nap in the back seat. The famous question, "Are we there yet?" Everything from a heat rash to ice cream cones and sand castles.



For us, another way to feel summertime is the special emptiness brought about by children who are no longer on this earth. They used to trot along on hikes in the hills; they used to gather wood for an evening fire. Now summer brings us again the melancholy awareness of their absence. Have you ever walked on some unfamiliar path, surprised about not having been there with the children? Even when there's nothing to remember, we are reminded of the children's absence.

We have been diminished by death. Some of us may still have living children. Other parents have no children left. They have lost an only child, perhaps. Or all of their children died. And here we are, grateful for the warmth of summer mornings, aware of the ripe beauty of nature, trying to deal with our children's absence with all the grace of which we are capable. Often we do not want to burden others with our grief. Or we may be convinced that others don't wish to share our distress. We have learned, after all, that the world around us is not always able to understand how we feel.

Besides, we were taught to be brave. Many of us will do everything we can to appear "normal" after our loss. But we were also taught to be honest. And when you feel the hurt, when you seem almost to be lost in the shadows of this golden summertime, don't hide your sorrow. The grief of your spirit can perhaps be kept a secret on the outside. Yet, your deepest feelings, unexpressed, can burn into your existence with harmful force.

You can be both brave and honest. You know that it's brave to share grief, be it old grief or new grief. And revealing that sorrow is also honest. Of course, nothing can wipe away much of your pain, but sharing grief is helpful. You will know that after you have expressed the painful sorrow you once kept hidden, and you find yourself, finally, smiling at the memories and the blessings of past summertimes.

Sascha Wagner

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.

“Unlike any other love in life, a parent's love is unconditional and transcends all. There is a peace in knowing that. The pain doesn't end. It simply reshapes itself into a quiet, soft ache that gives us a gentle, often tearful, reminder that our child will always be with us. And perhaps that is as it should be.”
—Annette Mennen Baldwin

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.



We need not walk alone.

“Grief. The pain now is part of the happiness then. That's the deal.” —C.S. Lewis

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 cobbled 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 Tricia's 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, 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.

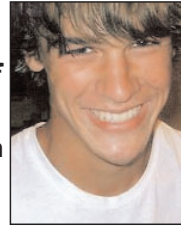
Elizabeth Estes, TCF, Augusta, GA

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


In loving memory of Sarah Thompson by Carol Thompson 

In loving memory of Melissa Majors by Janet Majors 


In loving memory of Alex by Robert & Trisha Taylor 

In loving memory of Chris O'Leary by Mary O'Leary Walsh 

In loving memory of Leah Zucca by Jim & Cheri Zucca 

In loving memory of Chad Cavazos by Dale Cavazos 

In loving memory of Tanner Douglas by Heather Ogg & Zach Reed 

In loving memory of Christopher Loper by Tina Loper 

In loving memory of Andy Terrell by David & Teresa Terrell 





We need not walk alone.

"In the midst of winter, I found there was, within me, an invincible summer."
—Albert Camus

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



We need not walk alone.

"We must accept finite disappointment, but we must never lose infinite hope."
—Martin Luther King

See It, Snap It, Send It...

Having his picture taken was not one of my son's favorite things. Seth was often the one behind the camera or the one who was videotaping the family field day to catch the best parts on film. It has been two years and six months since my precious son, 29 years old, took his life. I avoid the word 'suicide' because somehow in my mind I want to believe it was his choice, however, confused or desperate.

I need to look at all the pictures I do have of him now when I feel the emptiness and pain in my heart. I have to send those memories to that place so it will help ease that loneliness and to replace it with a celebration of his life. I make him present again by reliving those memories of his laugh, his successes, his serious conversations, his challenges, his doubts, his hugs.

There are times with I can laugh and sing again. I don't dance any more. The joys I feel are jaded somehow feeling something is missing to make it whole. There are times when my life is a series of just distractions: work, shopping, church, cleaning, etc. etc. just to avoid facing the bitter emotional reality of grief yet again. There are moments also that I have to lean into the pain of his loss and let it hurt and cry to move forward.

Some helpful skills I have learned is to live in the present, that I can control my thoughts. I have to avoid the 'what ifs' the 'why me' the 'what could I have done...' Seth is present now in my life and my heart in a different way than he was when he was alive; and I have learned to love him in a new way.

I am a better person because of his life and his love for the short 29 years he lived. My love for him grows stronger every day just as it would have if he was here for me to talk with again. Compassionate Friends has helped me to acknowledge that my loss, my pain, my survival is precious to others who have lost children. The pain which binds us will also help us to survive one day at a time.

The day Seth died, my bishop came to the house, and blessed the place where he took his life. Then he turned to me and said "Each day you awake is one day closer to when you will see him again." Whatever your religious beliefs I pray that this will give you hope and comfort as it does for me.

So my prayer for each of you who have lost a loved one is that you can find some comfort and joy in revisiting those precious memories of their beautiful lives. So take lots of pictures of those who are still with you and celebrate their lives too. God bless your pain and give you peace.

*Linda Khirallah Porter, TCF, Tyler, TX
In honor of my son, Seth Henry Porter*

Despair and Hope

I find myself thinking a great deal about despair. I think about it often enough that I actually looked it up. It means "to lose hope."

I don't have a great deal of previous experience with despair. But now I belong to a new group. This group knows a great deal about despair. My previous group really didn't.

When I try to think of times I've felt despair before, it mostly takes me back to much younger days and failed romances. In the scheme of things, those problems (and others) no longer seem worthy of despair.

In our bereavement, I believe a big challenge is to cling to our hope...to hope that may be small and quiet and fragile.

Like Pandora, the figure in Greek mythology, as the world's unleashed trials and troubles swirl around us, we struggle to shut the lid on the box and preserve that one last potential comfort: hope. It's not easy.

Peggi Johnson, TCF, Arlington, VA

Continued on next page.





We need not walk alone.

“When someone takes his own life, we anguish that we should have known enough to help—but only God knows the weight of another’s burden.”
—Mother Teresa

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



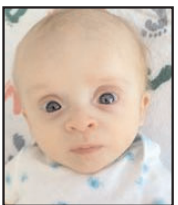
Graham Gill



Ke'Andre Ross



Justin Turbeville



Aceyn Richards



Ashley King



Keith Radabaugh



Megan Parrish



Joshua McDaniel



Brian McDaniel



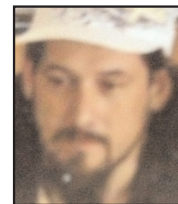
Kayla Denise Wager



Linton Daniel Wilgus



Johnny Snyder



Glenn Ray Hawkins

Continued on next page.



We need not walk alone.

“Your broken heart requires at least as much care as a broken bone. With proper care you can be confident that you will heal. The same powerful forces that mend a broken bone will heal your emotional pain, but a wounded heart needs time and proper care to heal.” —Harold Bloomfield, MD

July Anniversaries Cont.



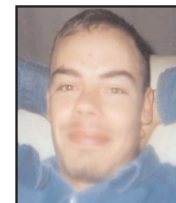
Renee Seale



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



Ke'Andre Ross

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

Sibling Loss

One whose sister or brother has died has a special view of this loss. There is the loss itself, hard enough to bear, and often no one inquires how a bereaved sibling is doing with the grief. And as I've heard one sibling put it, 'I lost my brother, and my parents are so changed that I feel as if I lost them too.' Much is changed within our surviving family.

Many of us have found the company of other bereaved siblings to be very valuable, a group of listeners who truly and fully understands.

*Charley Kopp
TCF, Contra Costa, CA*

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!





We need not walk alone.

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

Lindsey Barton

In loving memory
of Lindsey

by Barbara & Lee Barton



Thanks, Barbara & Lee Barton, for your generous donation.

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



Thanks, Janet Majors, for your generous donation.

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.

"They came together in their suffering. Though unable to prevent the pain, these fellow grievers found that by sharing their hurt, standing together and supporting one another they could endure devastating losses." —*Polly Moore*

July Birthdays Cont.



Lindsey Barton



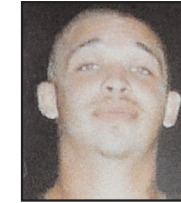
Stephen "Chadwick"
Williford



Jason Eubank



Ryan Goff



Colton James Bain



Keisha Knauss



Michael Slay
Chapman



Travis Morris



Angela Frazier



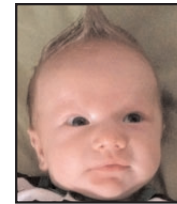
Suzanne Renee'
Glover



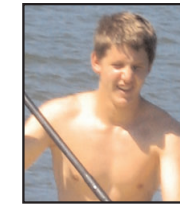
Sheila Nolen



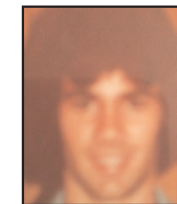
Jasmine Pruitt



Brevon McCarty



Zachary Bradley



James Rawls



Joshua Baker



Ke'Andre Ross



Zain Hussain



Garrett Sullivan



Amy Nicole
Simental



Ke'Andre Ross

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!

Marc's Birthday

To my brother Marc in heaven:

Today, December 14, 2012 would be your 40th birthday. It has been 5 years since you left this Earth, but it seems like yesterday. I feel your presence often, and know you are watching over me always, my dear guardian angel. You are of the timeless and formless now, finally and completely free, free of pain, attachments, worldly thoughts, and all forms of suffering. I pray your transition was one of peaceful passing, as you transcended your human experience. You embody the spirit eternal now.

Today, here on earth, a tragedy took place, as I'm sure you already are aware. I know you will watch over these children whose lives were abruptly cut short today and empower their spirit to ease the suffering of their grieving loved ones here on Earth.

I miss you and love you, my dear brother...please continue to guide me in the right direction, to give me the strength and confidence I need to face my fears and conquer my demons as I navigate the bumpy roads on this journey called Life. I used to envision us sharing and supporting one another through life's defining moments...I still interact with you nightly in my dreams, only to awake and accept the reality of your physical absence daily. May you R.I.P. Marc. May your spirit soar gloriously above the heavens, gracefully free like a butterfly chasing a rainbow.

Lisa Pearlman, 12/14/12
TCF, Metrowest Chapter, MA





We need not walk alone.

"I believe that we all need to find our individual ways of keeping the channels to our children open. My conversations with Philip may seem odd to some people, but they are right for me. I encourage you to honor your own private ways of communicating with your beautiful child, whatever they are." —Kitty Reeve

A Year in the Life

How can we ever understand
The loss of a life so dear
It's still so hard to believe
It's almost been a year

We miss your love
We miss your smile
We pray that you are near
We pray that you will help us
Through relentless sadness
And endless tears

You're in a better place now
By God you were received
You'll never feel life's pain again
In that we do believe

We make our weekly journey
To the place you now call home
Across hillsides made of monuments
To touch your name carved in stone

We stand alone, we cry, we pray
Your brother, mom, and dad
A full year gone and counting
Our lives forever sad

*Tom Murphy
Greater Cincinnati TCF, East Chapter, OH
In Memory of my son, Brennan Murphy*

Second Anniversary

Yes, I'm an adult over 40
And Tom, little brother, was 25
When he died returning from his bar exam.
So what? Does grief have an end age?
Does someone 40 plus not die too
losing a sweet small playmate?
I see him learning to roller skate
I'm running beside the bike;
First game of the Cardinals' season
And, scared, in the stands,
A "gorilla" running wild.
Sleepy, at a drive-in, running around the zoo.

All that, and as an adult, I knew him too.
At graduations,
Proud in his own pad
Pouring Spanish champagne.
Tireless breaking wood feeding a hungry campfire
Cooking eggs for all, sharing dreams.
This sibling remembers and grieves.

*Jeanne Brady
TCF, Olathe, KS*

After

After all the pain
We still can feel the sun.
Not without pain though,
Not without recrimination.

After all the sorrow
The sun still shines.
Not without sorrow though,
Not without repercussions.

For nothing is the same
And everything is different
After

My eyes open each morning
But not to you.
Sun shines,
Rain falls,
The earth revolves,
The moon shines full each month.
But you're still gone.
After.

The years go by,
On and on,
Milestones pass, but I can't share with you,
After.

When death happens
There is an illusion of time stopping
Just an illusion
For the living go on
After all.

*Melissa Anne Schroeter
TCF, Rockland County, NY
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NO VACATION

There is no vacation from your absence.
Every morning I awake I am a bereaved parent.
Every noon I feel the hole in my heart.
Every evening my arms are empty.
My life is busy now, but not quite full.
My heart is mended, but not quite healed.
For the rest of my life
Every moment will be lived without you.
There is no vacation from your absence.

*Kathy Boyette
TCF, Gulf Coast, MS*



We need not walk alone.

"The scents of a loved one are as much a part of them as the sound of a voice, the touch of a hand, or the tenderness of a kiss. There is nothing 'perverse' in wanting to cling to these precious memories. Memories are what remain after the death of our child and there is comfort to be found in them."
—Carole Ragland

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

Donations Appreciated!

Please consider making a donation to your local TCF group, which serves East Texas. Donations help pay for meeting location fees, electric, mailing and paper cost of our newsletter, bank fee, P.O. Box fee, office supplies and more.

We are thankful that Skillern's Business Systems has printed our newsletter at no cost for years. If you need office automation solutions, please contact them and tell them TCF sent you. Visit them online at www.skillerns.com, or call 903-561-5591.

Announcements

Meeting Info: Our meeting is held at the First Christian Church, 4202 S. Broadway, Tyler 75703. Please park behind the sanctuary in front of Christian Life Center. 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.

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.



Remember to visit our website for a long list of TCF newsletters: www.tylertcf.org Also, TCF's National website has lots of great resources: www.compassionatefriends.org