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www.TylerTCF.org

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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 21, Issue 6

Tyler, Texas

June 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, Carol Johnson, Heather Ogg,
Kim Cathey, Debra Ritchie, Mary Lingle

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

The Meeting Agenda

6:30 p.m. - Meeting will begin with
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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A Father's View of The Compassionate Friends: Courage, Surprise, An Understanding

Attendance Requirement: Courage

I don't think I am unique. I did not want to attend a meeting of Compassionate Friends. I was coerced by my wife. It was subtle but effective. My son, on the other hand, made a devil's deal; he agreed to go to the next meeting in exchange for a favor—his debt some weeks away. The thought of discussing death nauseates me. We, my son and I, had made a bad deal.

The Meeting: A Surprise

I was surprised to find I was not the only man to have lost a child. There was a reality to that recognition. My loss, not unlike yours, is a personal matter. No one can tell me how I feel or how I ought to feel. Yet, the group never made me feel guilty about my selfishness; they understood.

The Result: An Understanding

Compassionate Friends is not an efficient organization. There are no systems, no quick, easy cures. Grief is a catharsis. Most of what you hear here you will dismiss; it will not apply to you. But, there are nuggets—small ideas you will want to try or things you will want to think about. Some you will try. Many you will discard. Only a few will help the pain. These, you will treasure. Your friends and associates may try to understand your grief and try to help. They can do neither. They don't understand. The people at the meetings do understand. And they try to help. My son felt he had gained little from the meeting. Yet, he left feeling he had helped someone else deal with his grief. What a marvelous satisfaction for a 15 year old.

What's in it for you?

Compassionate Friends is here to help—to listen, to suggest, to understand. If you handle your grief well, you do not need Compassionate Friends. But we need you. Your approach or method of dealing with grief could help one or more of us. Please share it.

Bob Watts, TCF, Stanford, CT

Helping Someone Survive

A death by suicide triggers great amounts of anger and guilt. However, some of those feelings can be balanced by struggling to see that the suicide was not so much a deliberate, hostile act, but a gesture of utter hopelessness and despair. Reminders that a person was so driven by emotional whirlwinds that it was impossible to sense any ray of hope, can temper considerably the emotional impact of a death by suicide.

One of the best responses to a suicide that I have ever heard came through a sermon delivered by a pastor of a young man who shot himself. With great eloquence, his pastor was able to convey tremendous hope through these words: "Our friend died on his own battlefield. He was killed in action fighting a civil war. He fought against adversaries that were as real to him as his casket is real to us. They were powerful adversaries. They took toll of his energies and endurance. They exhausted the last vestiges of his courage, and only God knows how this child of His suffered in the silent skirmishes that took place in his soul."

Victor Passchin, Reprinted with permission of Bereavement Publishing, Inc.

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.

"No matter where you are in your journey toward healing, bolster the hope that arises within you. Your healing is probably the best memorial you may erect to your dead child!" —Robert Gloor

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

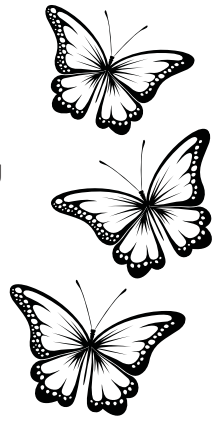
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

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.

"You loved; therefore, you grieve. You may succeed in postponing your grief for a time, but it will resurface some day in some way. You are encouraged to deal with it now so that it won't be waiting ten or fifteen years down the road for you." —*Mary Cleckley*

June Birthdays



Jasmine Elizabeth Thomas



Brian Harris



Thomas "Chuck" Carroll, II



D. Anriloten Bennett



Charlie Clakley



Trisha Thomas



Bryce Ramirez Cooksey



Alfred Donnell Guthrie, III



Matt Mears



Seth Henry Porter



Jonathan Shipman



Erin Evans



Erika Reyes



Trey LePelley



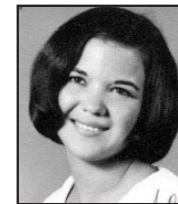
Michael Holdway



ShiAnn Renee Robinson



Leslie Eugene Robb



Jackie Marie Heerd



Joshua Andrews



Michael Ritchie



Jake Higgins



Kelly Ann Campbell



Justin McCullough



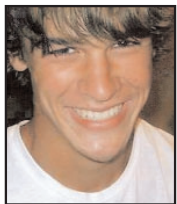
Timothy Allen Hawkins



Jeremy England



Ryan Glasco



Chris O'Leary



Joshua Malone



Ronald Gary Smith



Chandler James "Jimmy" Brazell



Melissa Helsel



Hudson Hutchins



Knox Knight



Kelly Ann Campbell



Natalie Foster

Continued on next page.



We need not walk alone.

When the world says, "Give up," hope whispers, "Try it one more time."
—*Unknown*

Burke Lewis

**In loving memory
of Burke**

by Martha Lewis



Thanks to Martha Lewis for her generous donation.

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

Lindsey Barton

**In loving memory
of Lindsey**

**by Barbara
& Lee Barton**



Thanks to Barbara & Lee Barton for their generous donation.

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





We need not walk alone.

"Joy and sorrow are inseparable—together they come, and when one sits alone with you—remember that the other is asleep upon your bed." —Kahlil Gibran

June Anniversaries



Roozbeh Arianpour



Christopher John Fisher



Gary R. Gribble



Lindsey Barton



Michael A. Rucker



Gabe Levi Hunt



Tami Kay Brown Roberts



Kyle Beck



Justin Corey Modisette



Justin Morrow McIntyre



Bryce Ramirez Cooksey



Joshua Walker



Mark Turner



Joshua Renaud



Christina Boyd



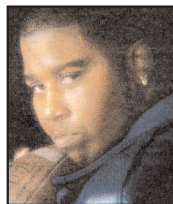
Autumn Dale Romine



Jeremiah Barker



Emily Elizabeth Ellis



Todd Dean



Jodi Lynne Attaway



Justin McCullough



Justin Bynum



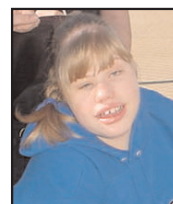
Jesse Lee Irby



Nathan Spataro



Christopher Pope



Amber Glasco



Kelynn Pinson



William Jeffrey Stack



Lester "Bubba" Chase



Kenneth Melvin



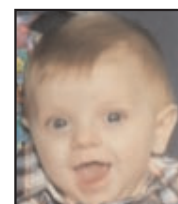
Kelbi Mathis



Noah Bass



Joseph Richard Watson, Jr



Carson Kerry Rose

Continued on next page.



We need not walk alone.

"The Grand essentials of happiness are: something to do, something to love and something to hope for." —Allan K. Chalmers

June Anniversaries cont.



Hudson Ayers



Natalie Foster



Zayin Wells

Father's Day

Father's Day—not a big holiday like Christmas or Thanksgiving, but one that holds a lot of meaning for those to whom it applies. For first-time fathers, that Sunday in June brings a feeling of joy and pride. For a long-time dad, it's a reminder of the fulfillment which children may have brought into his life. For those men who have lost a child, it can be a very painful time. For those who must endure their pain in secret and silence, either through their own desire for that approach, or through society's expectations that they must be strong and controlled, it can become a horror. But we in TCF wish to acknowledge the day, because we noted in preparations for Mother's Day, the death of a child does not negate the parenthood of the mom and dad who loved him or her. Love for one's offspring does not die when the body dies, and death does not succeed in robbing us of our parental identity. We wish all bereaved father's a day of peace. In the midst of our grief and loss, may you experience a taste of good memories and remembered love for your child.

Waiting for Answers

Years ago I left my first meeting of The Compassionate Friends and drove home in tears. My son, Max, had died a few short weeks before and I had been anxiously awaiting this evening. These people must have some answers, I thought. With paper and pen in purse, I was ready to take notes and do as they prescribed. I would do anything to ease the ache in my soul.

But when I walked out into the spring, air later that night, I felt betrayed. I hadn't heard any answers. Instead of learning how to leave my grief behind, it had been confirmed, made more real with expression. I knew I would miss Max forever. Now I wondered if I would grieve forever. Would it always be this way, a flash of pain aligned with every memory?

During the next months and years, I attended TCF meetings and conferences, read books, raged, kept busy, sometimes spent the day in bed. I wrote, cried and talked about Max. Slowly, I discovered the answers I had long feared were true: yes, I will grieve forever, and yes, my memories will often provoke tears. But something had changed.

My grief was now more forgiving, my tears almost sweet with memory. Max's life took shape again as the anguish of his death began to recede. If I would always miss him, I would also always have him with me in so many ways. I wanted to carry his memory into the future: the joy, the lessons, and the inevitable pain. How could I do otherwise?

As I walked to my car after that first meeting, the TCF chapter leader caught up with me. "How can I stop this pain?" I asked. She put her arm on my shoulder. "Just do what feels right to you," she said, "Listen to your heart. And we'll be here to listen, too."

Sometimes the best advice is none at all.

Mary Clark, TCF, Sugar Land-SW Houston, TX Chapter

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





We need not walk alone.

"Whether we cry on the inside or cry on the outside is predetermined by society, our genetics and a host of other factors. But we do cry these beautiful tears for our deceased children. These tears somehow remind us of the connection to our children, their departure and our deep, deep loss." —Annette Mennen Baldwin

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

<p>In loving memory of Chris Forzano by Mike Forzano</p>		<p>In loving memory of Lindsey Barton by Barbara & Lee Barton</p>	
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<p>In loving memory of Chris O'Leary by Mary O'Leary Walsh</p>		<p>In loving memory of Leah Zucca by Jim & Cheri Zucca</p>		<p>In loving memory of Chad Cavazos by Dale Cavazos</p>	
<p>In loving memory of Christopher Loper by Tina Loper</p>		<p>In loving memory of Andy Terrell by David & Teresa Terrell</p>		<p>In loving memory of Candice Lingle by Mary Lingle</p>	

Shuddering

In Roger Rosenblatt's *Kayak Morning: Reflections on Love, Grief and Small Boats*, he writes, "Ginny tells me that I sigh a lot. I was not aware of it. I don't know what it means." Dennis Apple noticed the sighs of his wife. His book *Life after the Death of My Son* describes it this way: "from the other side of the bed, I would hear a sad sigh, like a weary mountain climber picking up her heavy backpack and preparing to climb Mount Everest after a sleepless night."

I don't sigh. I shudder. I looked it up. It means "to tremble with a sudden convulsive movement, as from horror, fear, or cold." Yes, that's it. I glimpse a photograph out of the corner of my eye, or notice the circle of tall holly trees in the front yard that my son used to call his "fort," or I'm attacked by an intrusive thought of the circumstances of his death. And I shudder. It's as though my body is trying to shake off the reality. It just can't be; it just can't be. My body is railing against this awful truth, this unspeakable still somehow new truth. My son is gone. I shudder to think of it.

Peggi Johnson, TCF, Arlington, VA

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



We need not walk alone.

"In time, we learn there is no loss without gain and no sorrow without joy. As death closes doors behind us, new doors open before us." —Joanetta Hendel

A Father's Day Like No Other

In June, 2000 it was my third Fathers day without my son Christopher. He died in an industrial accident on September 28, 1997. This was such a lonely day for me as my only surviving child had been out of the country for over a year. I had no one to celebrate being a father with. It started as a very dark and dismal day indeed.

After trying to avoid the trip to the cemetery for most of the day, there was nothing left to keep me away. So my wife Robyn and I went to the cemetery to visit Chris' grave. While deep in emotion and feeling like I had nothing to look forward to, we were sitting by Chris' headstone remembering how much fun he was and how terribly sad it was not to have him to hold and tell him that I loved him. I was wishing so badly that he could be here to spend the day with me.

I had put my head down to let the tears run off my face. I felt a small breeze come up; it was an unusual breeze in that it came from the northeast, which in June is not a common occurrence. I looked up and noticed this balloon with a lead weight dragging behind it, dancing ever so slowly towards me. We watched it dance across the grass and then the balloon bounced directly into my chest. The balloon had a message that I know was from my son Chris. It said "Worlds Greatest Dad." I was so surprised and happy to have received this "Father's Day Gift." I thanked him for the wonderful gift and for cheering me up. There was no one else around or near us; we were not sure where the balloon had come from. I did not notice it at the time but a woman and her 2-year-old son had come to visit her father's grave, which was about 150 yards away from Chris. Robyn and I sat around for another fifteen minutes or so and then decided to leave.

When we left to go to our car Robyn noticed that the lady visiting her Father was frantic and screaming that her son had locked himself in the car. We went over to see if we could help. The son had locked the doors to the vehicle, the windows were rolled all the way up and the mom had left the keys inside. The outside temperature was very warm and the little boy was starting to sweat. The police had been called to come and open the door but they were not sure that they could get there very soon. I was just about to break out the back window when Robyn said let's try to get him to open the door. She took the balloon and tried to coax the little boy to open the door. She told him through the glass that she would give him the balloon if he would just push the button. She kept pointing to the button that would release the door lock. Suddenly the lock popped open, we didn't notice it at the second the lock popped up, but later we realized that the boy's hand was no-where near the lock when it opened. We got the boy out and Robyn gave the little boy my Fathers day gift from Chris. The boy's mother looked at the balloon and asked where we had gotten that balloon because she had left a balloon just like it on her dads grave the day before. We looked for his balloon and it was gone. It turned out to be the same balloon that had bounced across the grass and bumped into my chest earlier. The balloon was now in the hands of his grandson.

The events of that day have been with me ever since. First of all, I know that my son sent that balloon to me to help me through my sad and lonely Father's Day, and that he also helped to save that boys life.

Mark Kingery, TCF, Salt Lake City, UT

Father Returns to Work

After Kathy died, I, of course, went back to work. Some of my co-workers made the stop at my desk to express their sympathy. I know I turned them off, as my pain and my denial were so great. I could not talk about what had happened and how I felt. I thanked them. Although nobody ever talked to me about it, that was okay as my pain was such, I thought, I could not bear to talk. I threw myself into my work and on occasion was confused because I could not make the kind of decisions I had been making for years. I never made the connection that this inability to concentrate was part of my grief and was normal.

Lunch was the worst time. My habit was to eat with my associates, but often in the middle of the meal I would just have to get up and walk away. Although nobody ever said anything to me about this odd behavior, I do thank them at least for their tolerance. Slowly I readjusted (I thought) and in time (a long time) I was able to perform well again. But I never really grieved until I found THE COMPASSIONATE FRIENDS and it was here that people helped me to talk. It was almost twelve years before I found TCF as there was no such organization in 1967. My friends, let TCF help you...don't wait twelve years to talk!

Bill Ermatinger, TCF, Baltimore, MD (In Memory of my daughter Kathy Ermatinger)





We need not walk alone.

"Happiness is a butterfly, which once pursued is always beyond your grasp, but which, if you will sit down quietly, may alight upon you." —*Nathaniel Hawthorne*

His Room

Sun splinters through
The stained-glass unicorn
Still on the sill
Splattering black walls with color
Few things are as forlorn as a vacant room
Furniture gone, awaiting definition
Bare, yet there on the carpet
Imprints of chair and waterbed
And there is the hole he
Accidentally shot through the wall
And there and there and there
Nail holes that held pictures and posters
And eight-point antlers
And there... God, how can a place
So empty, be so full?

Richard Dew
From *Rachel's Cry—A Journey Through Grief*

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*

Catching Butterflies

It often hurt to come upon reminders of
my son
Tho' often since I lost him I would search
around for one
Which always brought on sadness and
the tears that I would shed
Were caused by names or faces, all
things that I would dread.

But then one day I came upon a man
who'd lost his son
I found that things I ran from, he
wouldn't even shun.
But rather he would treasure and I said
I wondered why
He told me that he called them "Catching
Butterflies."

This view of his intrigued me; I wanted
to hear more
And learned that he took all of them and
carefully would store
All of the reminders that I chose to push
away
He would tuck deep down inside his
heart each and every day.

Now a name or likeness when catching
me off guard
Does not upset me as it did and I don't
find it hard
For now instead I see these times as
opportunities
To see my son awakened in these new
fresh memories.

Dottie Williams, TCF, Pittsburgh, PA

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



We need not walk alone.

"When you have resolved your grief by reinvesting in life, you will be able to realize that nothing is ever "the same." Life is change. We would not have it be otherwise, for that is the valley of the shadow. Change has the promise of beginning and the excitement of discovery." —*Marcia F. Alig*

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.

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newsletter is posted online at:
www.tylertcf.org**

"...a bear wedged in great tightness."

"In a tape called, 'To Touch a Grieving Heart' there is a wonderful little reminder of the Winnie the Pooh story by A.A. Milne. You may recall that Winnie goes to visit Rabbit and eats too much honey. Coming out of Rabbit's hole, he gets stuck tight—so tight he can't even sigh. He asks his friends to stay with him, read him a story, and offer words of comfort...and thus to help 'a bear wedged in great tightness.'

Notice that Pooh does not ask to be pulled out of the hole, he asks only for company so he is not alone. I think Grief is like being 'a bear wedged in great tightness.' And, while we cannot make the grief go away for each other, The Compassionate Friends starts and stops with the core idea that we will be there for each other; that 'we need not walk alone.'"

Opening remarks of the late Richard Edler's keynote speech at the 1996 TCF National Conference

Announcements

Meeting Info: (postponed in April) 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.

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.



With our current self-isolating, grief can feel especially lonely. 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