

A special THANKS to Melissa at Landmark Business Park for discounting our rent so that we can continue meeting at our current location!



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 21, Issue 3

Tyler, Texas

March 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, Debra Ritchie, 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 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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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: \$400 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, 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

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

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.

"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." —Theodor Seuss Geisel (Dr. Seuss)

The Compassionate Friends of Tyler

P.O. Box 9714
Tyler, TX 75711

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

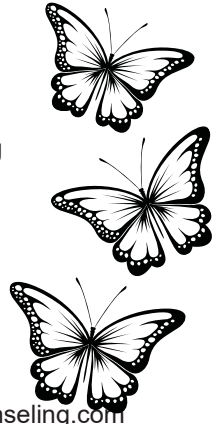
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

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 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.

Date: _____

(Signature)

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



We need not walk alone.

"Bereavement is a darkness impenetrable to the imagination of the unbereaved." —*Iris Mudoch*

March Birthdays



Roozbeh Arianpour



Michael Schmidt



Gary R. Gribble



Tiffany Sue Hightower



Joshua "Josh" Wilcox



Colton Allen France



Lisa Tutt



Randy Joe Cannon, Jr.



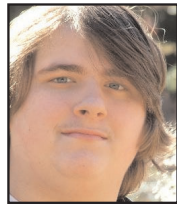
Andrea Young



Wadiya Adnan Bdah



Amanda Kay Stone



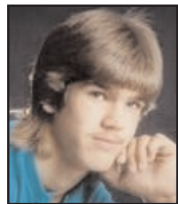
Ben Smith



Toni Wood



Jodi Lynn Attaway



Scott Bradshaw



Danielle Celeste Yura



Cathy Key



Adam Grabill



Charles Bryan Meadows



Kenny Ivy



Noah Boone Bridges



Jackson Huse



Jill Rozell



Jana Lauren Shearer



Kathy Jo Tumminello



Brandon Krpec



Jamye Marie Crawford



Sally Ryan Snodgrass



Deanna Holcomb



Makenzie Shyanne



Tommy Jack Burchfield



Robby Cano



Zi'lain Cummings



Daniel Thomas Khirallah



Ashley Elizabeth King



Rachel Wilder

Continued on next page.



We need not walk alone.

"The finest days of our lives may well be a part of our past. Somehow, we must recognize that this is not unique to surviving our child's death, but is often a portion of the human condition." —*Don Hackett*

Alex Harry Singer

**In loving memory
of Alex**

by Susan Singer



This month's newsletter is sponsored by Susan Singer.

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

Tanner Douglas

**In loving memory
of Tanner**

by Mike & Bobbie Ogg



Special thanks to Mike & Bobbie Ogg for their generous rent donation in memory of Tanner Douglas.

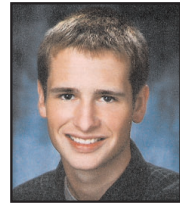




We need not walk alone.

"There are things that we don't want to happen but have to accept, things we don't want to know but have to learn and people we can't live without but have to let go." —*Author unknown*

March Anniversaries



Neil Defenbaugh



Tyler Roberts



Kayla Smith



Amanda Valadez



Jeremy Kersh



Cory Blackmon



Allen Price



Robert McMahon



Gary Dean Arnold



Noah Boone Bridges



Randall Scott McDaniel



Jackson Huse



Leo Cook



Phillip Kuhn



Joshua Andrews



Joshua Washburn



Trey LePelley



Laura Wilkinson



David Matthew (Matt) Morris



James Wilkinson



Douglas Johnson



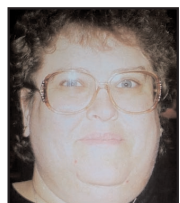
Wadiya Adnan Bdah



Rowdy Cunningham



Rico Gonzalez



Maryn McIntire



Irish Faye Haggerty



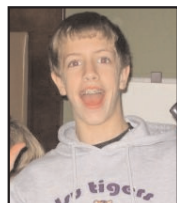
Jessica Spence



Dylan Prichard



Daniel Thomas Khirallah



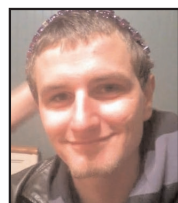
Justin Bloxom



Dana Regester



Micah Elmore



Cheyenne Lackey



Kappy Lane Kolb



Colton Allen France



Blythe Madison Harper

Continued on next page.



We need not walk alone.

"And then, ever so gently, the memories enfold you in a warmth as soothing as a cool shower on a hot summer day, so you find you WANT to remember. And tender memories of love lift you to unreachable heights, to the brightest of stars, to the loveliest touch of your child." —*Dana Gensler*

March Anniversaries cont.



Kyle James Horn



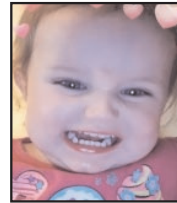
Garrett Sullivan



Christopher Molnari



Greg Enlow



Sawyer Irby

The Definition of Compassion is: "to Suffer With" We are The Compassionate Friends—We are survivors

The saving grace of our loss is that hardships are an opportunity for growth. We must be strong to handle grief, and in the end, grief brings out strengths we never knew we had. To experience and embrace the pain of loss is just as much a part of life as to experience the joy of love. This is not the end—merely the ending of things as they were. All changes involve loss, just as all losses require change. Being exposed to this pain brings us to a new level of sophistication, and from that point on we can never return to our original innocence. Peace lies at the center of our pain.

Denial is a safe place where we might find ourselves after the death of our child. This denial gives you moments away from your pain. It is nature's way of letting in only as much as we can handle. This serves as a bandage. Survivors create a healthy and timely defense system which they shed by bits and pieces. As you become stronger you begin to face feelings you were denying.

Anger is another indication of the intensity of your love. Anger can be healthy as it affirms you can feel, that you did love and that you have lost. This anger is proof that you are moving because it will surface once you feel safe enough to know you will probably survive. It can also be used as an anchor, giving temporary structure to the nothingness of loss.

Depression during grief is a way for nature to keep us protected by shutting down the nervous system so that we can adapt to something we feel we cannot handle. As difficult as it is to endure, depression has elements that can be helpful in grief. It slows us down and allows us to take real stock of the loss. It makes us rebuild ourselves from the ground up. It clears our mind for growth. It takes us to a deeper place in our soul that we would not normally explore.

Acceptance is where we find ourselves when instead of denying our feelings, we begin to listen to our needs; we move, we change, we grow, we evolve. We may start to reach out to others and become involved in their lives. We begin to re-invest in friendships and in our relationship with ourselves. We slowly begin to live again, but we cannot do so until we have given grief its time. In a strange way, as we move through grief, healing brings us closer to the child we lost. A new relationship begins.

Healthy grief has a flow, a natural continuing process, although that flow can include stopping to rest, re-energize, or take stock. This emotional rest gives us the opportunity to touch the pain directly for only so long until we have to back away. This is when distractions are needed. If we did not go back and forth emotionally, we could never have the strength to find peace in our loss.

It is our hope that the intense darkness of grief will give way to light as hundreds of thousands of candles spread their flickering flames to light the night as our children are remembered.

Dana Rogers, Mother of Rick Rogers, TCF Galveston Co. Chapter

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



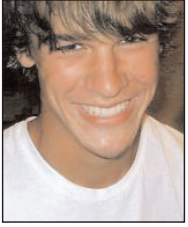






We need not walk alone.

"I will let go for a time, release what I feel, and will be able to function better as a result of having vented the feelings that are an ever-present burden."
—Carol Staudacher

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

In loving memory of Sarah Thompson by Carol Thompson		In loving memory of Lindsey by Barbara & Lee Barton		In loving memory of Tanner Douglas by Mike & Bobbie Ogg	
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 Christopher Loper by Tina Loper		In loving memory of Andy Terrell by David & Teresa Terrell		In loving memory of Candice Lingle by Mary Lingle	

Christopher Molnari

In loving memory of Christopher

by Uncle Tom & Aunt Kim



This month's newsletter is sponsored by Kimberly Cathey.

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.

"When a child dies, grandparents bear the grief of the death of a loved boy or girl compounded by the pain of watching their own adult child, the dead child's parent, writhe in an agony they are powerless to ease. It is a double grief."
—Harriet Sarnoff Schiff

March Birthdays cont.



Dustyn Blake Sandifer



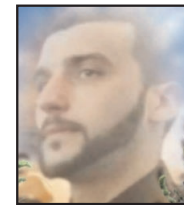
Timothy Andrew Lever



Doug Bennett



Joseph Richard Watson, Jr.



Jeff Maurer

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

www.tylertcf.org

We still have new shirts from our Annual Candle Lighting event!



Cost is \$25. Fill & cut out the form below and mail your check to P.O. Box 9714, Tyler, TX 75711 to purchase T-Shirts. (Shirt color is navy.)

Child's/Children's name(s): _____ (required)

Number of T-shirt's to purchase _____ (\$25 ea) Shirt sizes: _____

Your name: _____ (required)





We need not walk alone.

"For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief." —Dory Rooker

I Saw You

A Tribute to my Sister
Lori Lee Smith

I saw you today in the morning dew
As brilliant as a sea of shimmering diamonds
I shared the most amazing sunrise with you today
A million shades of red so random in their perfection
I heard you today in the laugh of my children
An enchanting melody a thousand angels strong
I walked with you today and we talked about everything
. . . and nothing all at once
I saw you today in the changing of the leaves
The colors of your life, the close of one season
And the ushering in of another
I sat beside a stream with you today
The peaceful flow, steady and constant
I saw you today . . . and you were perfect
And rest assured . . . I shall see you again

Avery Smith, TCF Ada Area Chapter

I Am Spring

I am the beginning.
I am budding promise.
I spill cleansing tears of life
from cloudy vessels
creating muddy puddles
where single cell creatures abide
and splashing children play.
I am new green growth.
I softly flow from winter's barren hand.
On gentle breeze I fly – embracing sorrow.
With compassion, we feather nests
where winged voices sing winter-spring duets.
As frozen ice transforms to playful stream
I whisper truth – life is change.
I am spring.
I bless long, dark wintry days.
I crown mankind's pain
with starry skies
in deepest night
lighting solitary paths from sorrow to joy
as the wheel of life turns 'round and 'round.

Carol Clum
(written after attending a workshop presented
by John Fox, author of
'Finding What You Didn't Lose' and 'Poetic Medicine'.)

Beautiful Dream

Eyes open wide
I awake from a beautiful dream
Within seconds the painful reality of my life sets in
I find myself wanting to scream

Grief so strong
Impossible to explain
Living with a broken heart
Struggling with the pain

Eyes closed tight
I pray for that beautiful dream
A short escape from the painful reality
That makes me want to scream

Robert Willis, TCF Frederick, MD

Missing You

I just can't believe it...
The sun still rises and sets,
The moon and stars still shine,
The flowers still bloom, The birds still sing.
I expected a change in everything

I just can't believe it...
It still gets dark and light,
The ocean still has waves,
The rain still rains, The wind still blows,
Is it because they do not know?

I just can't believe it...
I thought the world would stop
When in my house I found
an empty chair, a missing smile
I thought it would stop
For just a while.

I just can't believe it...
Gretta Viney, TCF Yakima, WA



We need not walk alone.

"I don't think of him every day; I think of him every hour of every day."
—Gregory Peck, in an interview many years after his son's death

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

Lost

Because of my status in society
I can look below to poverty
and realize no matter how frustrated I get,
I will always be very lucky to have a family
who loves and cares for me.
But still the tears roll down my face
and my cheeks are forever stained
because I know as long as I live
my heart will always be pained.
I was left in shock, pain, and fear,
left with your unspoken words which I will never hear.
But in my days of sorrow when I feel that I will fall,
I can only repeat the phrase to myself,
"It is better to have loved and lost than to never have loved at all."

Peter Smith, age 15; sibling to Gregory Smith

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 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.

