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IMPORTANT NOTICE: Our newsletters are now posted online at TylerTCF.org. Please review our form on page 11 regarding your options on receiveing our newsletter. We will continue to send a printed version to anyone who does not have access to the Internet.











Volume 17, Issue 11

Tyler, Texas

November 2016

Monthly Group Meeting

Tyler Area Meeting 3rd Monday of Each Month 1901 Rickety Ln., Tyler

Contact

Phone: (903) 258-2547 www.TylerTCF.org • info@TylerTCF.org P.O. Box 9714 • Tyler, TX 75711

Co-Chapter Leaders..... Cheri Zucca & Trish Mann Taylor SecretaryTrish Mann Taylor Newsletter/WebsiteMary Lingle Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: Sam Smith, David & Teresa Terrell, Mary Lingle, Lisa Schoonover, Cheri Zucca, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, MaryAnn Girard, Trisha Mann Taylor, Barbara Barton, Heather Ogg

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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Annual Candle Lighting Memorial

Our Annual Candle Lighting Ceremony will be Sunday, Dec. 11, 2016 at Crossroads Community Church, 13730 Hwy 155 South, Tyler. The service begins at 6:30 p.m. This year, canned food for the food pantry at our host church, as well as new toys will be collected at the Candle Lighting.

This is a great way to meet and get to know the members of The Compassionate Friends. Getting involved will likely help you as well as the other members! Everyone is needed and welcomed! Please consider bringing a finger food of your choice. We need everything from sandwiches and chips to sweets and drinks. Your contribution will be appreciated and enjoyed on this special evening. If you would like to help with the Candle Lighting set up, Saturday, the day before the event, take down and anything in between, please call the TCF line at 903-258-2547. Thank you!

One

It was only 1 second, one thought, one decision, one action in a lifetime of seconds, and thoughts, and decisions, and actions. It was so fast, so permanent, so irreversible, so hopeless. This moment, this thought, this decision, this action do not define him, do not honor him, do not immortalize him. It is the preceding 946,080,000 seconds, and thoughts, and decisions, and actions that define him, that honor him. that immortalize him.

I remember my brother in all of the other seconds, and thoughts, and decisions, and actions that preceded this one. I remember him coming home from the hospital, lip syncing in the basement, falling out of the tree, biking across campus, coming home from school, from boot camp, from war. I remember him hiking, and skiing, and running, and laughing, and crying. I remember how safe I always felt when he was around. I knew he would take care, protect, defend.

I don't remember exactly when my brother became an amazing human being—I just looked at him one day and knew he was. I knew that nothing would make him change his mind about me. He was without judgment, without prejudice, without preconception. I knew my brother because we talked and he listened. I respected my brother most for his humanity—for being so sensitive, so vulnerable, so honest. I loved my brother for sharing the load when it was too hard for someone he loved to carry alone. I knew my brother because he left so much of him in me.

I trusted and respected my brother's decisions in the preceding 946,080,000 seconds, I have to trust and respect this one decision the same. I honor my brother by honoring myself. I do not dwell in that one moment, instead I celebrate and cherish all of the others. In that 1 second, one thought, one decision, one action, I found the strength he had given me and I will not let him down. I will not let that one moment be the only one.

Michele Mallory

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.



I pray you find peace this holiday season. I pray your sorrows will soften and your memories bring smiles. I pray you will be able to enjoy your other family members. I pray you know you are not alone. —Jayne Newton

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**

Children Are A Gift Foundation: www.childrenareagift.com

GriefShare: www.griefshare.org

MADD East Texas (Mothers Against Drunk Driving) www.madd.org/local-offices/tx/east-texas

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 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.



(Signature)



The Compassionate Friends

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.

return the form to the address	at the bottom of this page.			
Your Name:				
Child's Name:		Relationship:		
Birth Date:	Death Date:	Cause	e of Death:	
Address:				
City:		State:	Zip:	
Home Telephone:				
E-mail:				
Please check any of following				
☐ Due to the rising cost of p	ostage, please send newsletters	via email. My email a	ddress is	
☐ I prefer not to receive the address you have on file for		ald like to continue ha	aving a hard copy sent to the mailin	
☐ Please update my mailing	address:			
☐ No thank you, I'd prefer t	o stop receiving the newsletter.	. (Newsletters are post	ed monthly on our webite.)	
☐ Please include my child's n	ame and picture in the slide pres	entation at the Candle I	ighting Ceremony.	
☐ Please include my child's p	icture and information on the TC	F Tyler Web site. (www	v.TylerTCF.org)	
☐ I am enclosing a memorial	to support The Compassionate F	riends in the amount of		
☐ In memory of			Please make check payable to TCF	
	CF Newsletter ☐ Butterfly Relea			
The continuation of this chapte ory of your child please consider	er's work depends on donations. I der taking this time to give a gift	If you have not taken the that will help reach ou	e opportunity to give a donation in mem to other newly bereaved parents.	
Lighting Ceremony or any oth	er TCF event. Permission may b	e withdrawn at any tim	ure in the newsletter, Web site, Candle by written request. This information iter activities such as the newsletter.	

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

Date:



"Life can become good and whole and complete once again, not when we try to fill up the empty spaces left by loved ones no longer within hug's reach, but when we realize that love creates new spaces in the heart and expands the spirit and deepens the joy of simply being alive." —Darcie Sims

November Birthdays







Randall Thorton, Jr.



Nathaniel Bolom







Christopher Jordan





Brandon Whitfield



Lindsey Stewart



Erik Scott McKinney



Aaron Yarbrough





Patricia Ann Edwards



Brytnie Leah Stithem



Missy Rogers





Rayvn Caldwell







Haylee Lee









Gaaron Hicks



Bridgette Munson





"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



"We never stop and ask ourselves who said we have to keep busy, that crying is weakness, that talking about our deceased child is morbid, that we must think only of the good memories, or that time heals all wounds. We just take societal dictates as truths. They are not!" - Margaret Gerner

Thankful vs. Thankless

This is the time of year when many bereaved parents start saying out loud what newly bereaved parents have been thinking for weeks and weeks—"I really am dreading the holidays." And why not? When your grief is so new, you haven't had the necessary time to accept life as it is for you now.

On the other hand, there are those of us who have had that necessary time and the proper support who are able to observe the holidays in a less painful way. We have kept some of the old traditions that warm our hearts and thrown out those that are either too painful or meaningless now. We have created a life that doesn't include someone who was a vital part of who and what we were. We're different now, doing different things because losing a child forces you into that position if you are to survive in an emotionally healthy way.

The words thankful and thankless follow one another in my dictionary; so close together in a book, yet so far apart in meaning. When you think about it, the difference between the two words is full and less. Though those of us who have had more time do, like the more newly bereaved, have less in the way of family, our lives still do have a fullness because we have learned to be thankful and appreciate that which we have left in the way of people and memories—more so than we ever thought possible.

As you approach this Thanksgiving, if you haven't yet been able to make your adjustment, I hope you will feel what you must for now because whatever you are feeling is okay. It isn't until you have reached the place in your grief where the ability to make good choices returns to your life that you can make some important changes in how you approach the holidays.

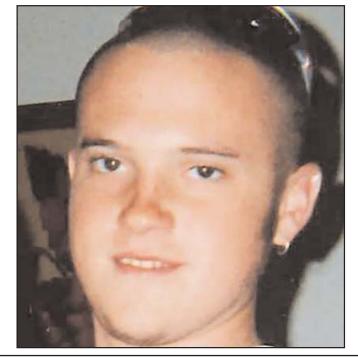
I hope the transition from thankless to thankful will be soon in coming for you, for that will mean some peace has returned to your life. Above all, I do wish you peace during this holiday season. I wish you more of the same in the new year.

Mary Cleckley, TCF Lawrenceville, GA

Justin McIntrye

In loving memory of **Justin**

Melissa Love



This month's newsletter is sponsored by Melissa Love.

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

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"The way I look at it, if you get comfort from a dream or a sign...enjoy it. You've suffered enough, and believing in signs, butterflies, dreams or what ever else gives you comfort and hurts no one else, is your right as a bereaved person." —Lynn Vines

November Anniversaries Cont.





Michael Chapman

"As you approach this Thanksgiving, if you haven't yet been able to make your adjustment, I hope you will feel what you must for now because whatever you are feeling is okay. It isn't until you have reached the place in your grief where the ability to make good choices returns to your life that you can make some important changes in how you approach the holidays." —Mary Cleckley

New Traditions

New traditions are now permanently woven into the fabric of our lives. The catalyst for these traditions is not a happy addition to our lives; indeed, the catalyst marks a traumatic loss in our lives. That subtraction comes in the form of the death of our child.

The finality is crushing. This overwhelming loss has redefined each of us, changed our perspective forever and brought us close to the abyss of insanity. The new traditions gradually pull us back from the abyss and may eventually provide a sense of comfort, serenity and peace. And so in June we remember our children. We communicate with them, via a note from our hearts, written on a butterfly shaped paper and tied to balloon. We, the parents of the dead, gather and listen to a poem about our collective and individual loss. We the parents of the dead experience the haunting bagpipe as it fills our senses with the sound and the meaning of Amazing Grace. We, the parents of the dead, once again stand together and remember our children. We speak to them. Our butterfly messages become kisses on the wind as our balloons ascend into the sky, floating southward, floating higher and higher until, we imagine, our children can reach out and grab each message and read it and know that we love them deeply and miss them every day and every night. This is our tradition. Each of us views it from the depth of our souls; our love of our children is demonstrated openly as we weep without shame for the loss we have experienced.

A significant part of each parent died when our children died. Yet, a crucial part of each child lives in the hearts of every mother and father. Neither time nor death will erase that bond. It is solid, it is pure and it is forever.

We hope that one day we will each make some sort of peace with this monster, this nightmare, this void, this pain. We hope one day to heal our open wound but know we will always carry an invisible yet deep scar. The worst loss a person can ever experience has been thrust upon us. The only change will come from within each of us. We may one day feel a serenity that comes only through pure love, pure kindness and pure understanding. We will learn to remember yesterday, live today and anticipate tomorrow. And we will always have our new traditions—traditions that are now part of who we are, where we have been and where we are going in this life. Our traditions remind us that our children lived, laughed and loved. We linger in the moment for that is all we have.

Annette Mennen Baldwin

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



"The dreams of lifetimes die when children die. The hurt is often nearly unbearable. But if we allow ourselves the freedom of grief and sorrow, we also open the paths of new happiness and new hopes and new dreams. And the child who was a part of us will live in our memories and our hearts." — from We Need Not Walk Alone

Giving Tuesday • November 29, 2016

What is Giving Tuesday?

Since its beginning in 2012, people from all over the world have joined together on Giving Tuesday in support of deserving charities everywhere. We hope you'll consider joining them by showing your commitment to The Compassionate Friends and the thousands of families we serve each year, and make a gift to TCF.

Is Giving Tuesday impactful? We wanted to share some amazing numbers with you. In 2015, Giving Tuesday...

Raised \$116.7 million in 24 hours (up from \$46 million in 2014); Had 698,961 online donors; Received \$107 as the average gift donated; and...71 countries around the world participated!

By giving to The Compassionate Friends this holiday season, you'll be helping families who are dealing with the life-changing tragedy of losing a child. We'll continue to share more details on TCF's Giving Tuesday campaign in the coming weeks. Please share this important date with friends and family to spread the word of TCF's Giving Tuesday Campaign.

By working together, we can accomplish a great deal and further the mission of The Compassionate Friends. Our thanks to all of you within our TCF family.

Calling all volunteers for the Candle Lighting in December!

Please contact us at 903-258-2547 or info@tylertcf.org if you'd like to help this year!

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

In loving memory of Candice Lingle by Mary Lingle



In loving memory of Alex Conway by Robert & Trisha Taylor



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



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

The Compassionate Friends

Tyler, Texas

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7

"If we are loved and remembered, then we live on forever in the hearts of those who love us. —*Ten Menten*

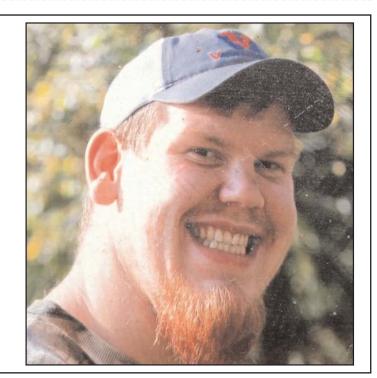
X We need not walk alone.

How well are you doing with your grief? "If I were doing well with my grief, I would be over in the corner curled up in a fetal position crying, not standing here acting like no one has died." —Doug Manning

Christopher Molnari III

In loving memory of our nephew Christopher

> Love, Uncle Tom & **Aunt Kim**



This month's newsletter is sponsored by Tom and Kim Cathey.

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

Payton Herrington

In loving memory of Payton

Melissa Love



This month's newsletter is sponsored by Melissa Love.

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

November Anniversaries

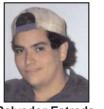


Thomas 'Chuck'

Timothy Treadwell

Brooke Wallace

Lillian Oldham



Salvador Estrada



Jonathan Reynolds

ljuan Simms



Cameron Lee



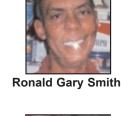
Nathaniel Bolom

Austin Lane

Ty Foster Mabry

Michael Ritchie

Pharaoh Lydia





Burke Warren Lewis



Randy Cannon, Jr.

Crystal Greene



Patricia Ann

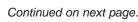
Cynthia Harper







Bridget Munson



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Zi'lain Cummings

"Grief knits two hearts in closer bonds than happiness ever can; and common sufferings are far stronger links than common joys." —Alphonse de Lamartine

The Piano Sits Silent

I etch her name in the dust. Run my hands over the keyboard, too long untouched by the pianist; The one no longer physically here, who played the songs, badly at times, yet unstoppable in her need to make music. As if it was her mission to get it right. As if she knew there was little time to master the melody. So she played and played. Melancholy tunes that spoke of lives gone too soon. I would call to her. "You're playing too loud, I can't hear myself think.' If I could just take back those words, for I long to hear my beloved child play the music, that once rang through these halls. Those uneven strains would be the sweetest music to my ears. I touch the ivories and hear the foreign sound of this long silent instrument. And remember my precious child, remember the joy her efforts brought her... Remembering, remembering.... Though my tears fall gently, my heart smiles as I recall the sweet sounds of her life. And even as the piano sits silent, My memories resound

Cathy Seehuetter, TCF St. Paul, MN

and I recall the love, always the love.

Words from Heaven

We weren't ready yet to say goodbye, And if only we could hold each other Just for one more hour I would wipe all the tears from your eyes.

If I could say one thing to you it would be, Mom, Dad, Brother, please don't worry about me. I'm in a place so great I can't begin to explain A place where I wish everyone could come and see

Momma, when you think of me don't cry, Cause you would smile so big if you saw me now. I have asked the Lord to take your pain away, And give you all peace somehow.

The hardest thing was leaving that day in the room, But I was needed by God, even more than you. Know always that I will be here in this beautiful heaven, Waiting on the day when I will see you.

John Pope

The Broken Chain

In memory of Christopher Pope Brenda Pope ~ TCF, Tyler, TX

We little knew that God was going to call your name. In life we loved you dearly, in death we do the same.

It broke our hearts to lose you, you did not go alone, for part of us went with you, the day God called you home.

You left us peaceful memories, your love is still our guide; and though we cannot see you, you are always at our side.

Our family chain is broken, and nothing seems the same, but as God calls us one by one, the Chain will link again.

Author Unknown



"Grief ebbs but grief never ends. Death ends a life but death does not end a relationship. If we allow ourselves to be still and if we take responsibility for our grief, the grief becomes as polished and luminous and mysterious as death itself. When it does, we learn to love anew, not only the one who has died. We learn to love anew those who yet live." —Julius Lester

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

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 use 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 903-258-2547. 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

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 1901 Rickety Lane in Tyler. For more information, please call 903-258-2547.

Steering Committee Meeting: Tues, Sept. 6 at 6 p.m. at normal meeting place on Rickety Lane for Candle Light planning. If you are interested in participating in our chapter by serving on the steering committee, please plan to attend a steering committee meeting. Anvone who would like to become more involved in TCF and serve on the steering committee is welcome to come! For more information about our next meeting, call 903-258-2547.

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.

Sixth and Final Quilt

We are compiling names and photos for the 6th and final quilt. Please mail your \$25 donation for a square, child's name, and make sure we have a quality picture of your child that will show up well. This will be the last guilt for our chapter so please let us know quickly as we anticipate the list of 30 will fill up fast. David and Teresa Terrell have generously donated their time and talent for the completed quilts and are no longer able to physically continue. 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.



Find us on Facebook!

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