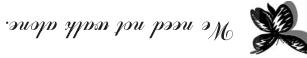


www.TylerTCF.org

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

IMPORTANT NOTICE: We have a NEW meeting location! Please join us at 17555 Hwy. 155 S. (off Loop 49), Flint, TX 75762. We hope to see you at our next meeting!











Volume 18, Issue 11

Tyler, Texas

November 2017

Monthly Group Meeting

Tyler Area Meeting 17555 Hwy. 155 S. (off Loop 49) Flint, TX 75762

Contact

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

Co-Chapter Leaders: Cheri Zucca & Trish Mann Taylor Secretary: Trish Mann Taylor Newsletter/Website: Mary Lingle Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: Lisa Schoonover, Cheri Zucca, Don & Leslie Dixon, Janet Majors, Trisha Mann Taylor, Barbara Barton, Heather Ogg, 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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Annual Candle Lighting Ceremony in December

Our Annual Candle Lighting Ceremony will be Sunday, Dec. 10, 2017, 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.



We are selling 12" poinsettia's in memory of our children and pre-order is required.

At the end of the ceremony, you will be able to take your poinsettia home. Please mail a check for \$15 along with child's name to P.O. Box 9714, Tyler, Texas 75711.

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 903-422-0358. Thank you!



2nd Sunday in December, 6:30 p.m.

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.



"Then we can proudly say, 'I have survived against overwhelming odds. Even though my child's death is not worth the change in and of itself, the changes and challenges give me hope that I can feel fulfilled again. I can love again." —Unknown

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 vour arief 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.





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:	16				
	d's Name: Relationship:				
Birth Date:	Death Date:	Cause	Cause of Death:		
Address:					
			Zip:		
Home Telephone:					
E-mail:					
Please check any of follo	3 11 1				
☐ Due to the rising cost	of postage, please send newsletters	via email. My email a	ddress is		
☐ I prefer not to receive address you have on file		ld like to continue ha	aving a hard copy sent to the mailin		
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☐ No thank you, I'd pre	fer to stop receiving the newsletter.	(Newsletters are post	ed monthly on our webite.)		
☐ Please include my child	l's name and picture in the slide prese	entation at the Candle I	Lighting Ceremony.		
☐ Please include my child	d's picture and information on the TC	F Tyler Web site. (www	v.TylerTCF.org)		
☐ I am enclosing a memo	orial to support The Compassionate Fr	riends in the amount of			
☐ In memory of			Please make check payable to TCF		
	☐ TCF Newsletter ☐ Butterfly Relea				
The continuation of this chory of your child please co	napter's work depends on donations. I onsider taking this time to give a gift	f you have not taken the that will help reach ou	e opportunity to give a donation in mem t to other newly bereaved parents.		
We must have your writte	en nermission on file to use your a	uild's name and/or nict	ure in the neweletter Web site Condi		

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.

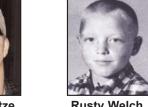
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Please return completed form to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, TX 75711

"When a storm of grief grows in the heart-reach back to yesterday to catch onto your memories. The storm will calm, and for a brief moment, the lost feeling of happiness will shine through and through." —Lori P.

November Birthdays









Randall Thorton, Jr.



Nathaniel Bolom







Mike Loughmiller



Brandon Whitfield



Lindsey Stewart



Erik Scott McKinney



Aaron Yarbrough



Christopher Jordan



Patricia Ann Edwards





Missy Rogers



Kristi Diaz



Rayvn Caldwell











Lorie McLain





Austin Lane Phillips







Brytnie Leah Stithem





Gaaron Hicks



Bridgette Munson



Lucy Meredith Haile Rae Beerline Beasley

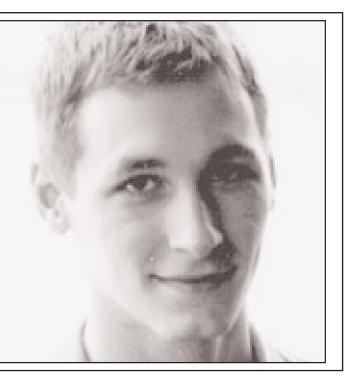
Thank you for your generous donations to TCF of Tyler. These 'love gifts' allow us to provide our local chapter with special events, the TCF Newsletter, our website and more!

Chris Forzano

We need not walk alone.

In Loving Memory of Chris

Barbara Forzano Zimmerman



"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

This month's newsletter sponsored by Barbara Forzano Zimmerman.

Change and Challenge

As I look back over the past six years since our son died, I realize how much I have changed.

When we talk about grieving, we often forget to mention that we grieve, too, for the person we were before our child died.

We might have been energetic and fun loving, but now are serious and absorbed.

Our friends and family miss the "old us" too, and their comments show it:

"Don't you think it's time to return to normal?" or, "You don't laugh as much as you used to."

They are grieving for the person who will never be the same again.

Like the caterpillar who shrouds itself in a cocoon, we shroud ourselves in grief when our child dies.

We wonder, our families wonder, our friends wonder - when will they come out of it? Will they make it through the long sleep? What hues will show when they emerge?

If you've ever watched a butterfly struggle from the safety of a cocoon, you'll know that the change is not quick or easy - but

We begin to mark our struggle from the cocoon of grief when we begin to like the "new us."

When our priorities become different and people become more important than things - when we grasp a hand that reaches and reach in turn to pull another from his own cocoon, when we embrace the change and turn the change into a challenge.

Then we can proudly say, "I have survived against overwhelming odds. Even though my child's death is not worth the change in and of itself, the changes and challenges give me hope that I can feel fulfilled again. I can love again."

TCF Appleton, WI

The Compassionate Friends The Compassionate Friends

"Eventually the sky would clear and I was able to find a path to those that cared and could offer me hugs and a shoulder to cry on. The storm was still there, but there was also shelter and I wasn't alone." —Barb Seth

X We need not walk alone.

"To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness.' —Erich Fromm

"The hurt never goes away. We never forget. We

never get over it. We don't want to. We hurt so much because we loved so much. But the focus

on death and the event fades and the warmth of

November Anniversaries Cont.

November Anniversaries



Salvador Estrada





Erika Stafford



Austin Lane Phillips







Stephanie Mata



Our condolences to Pam

Pickett on the passing of her

husband, Allen "Sonny" Pickett.

Michael Chapman







Thomas 'Chuck

Carroll

Scottie Baker





Cameron Lee Robinson



Nathaniel Bolom



Randy Cannon, Jr.



Patricia Ann **Edwards**







In loving memory of Sarah Thompson by **Carol Thompson**



-Richard Edler

good memories replaces it."

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



Timothy Treadwell



Ijuan Simms



Michael Ritchie

Ty Foster Mabry



Ronald Gary Smith

Derek Brown



Crystal Greene

A.J. Huggins



Calan Cameron **Decker McKeethan**



In loving memory of Alex Conway by Robert & Trisha **Taylor**



In loving memory of **Andy Terrell by David & Teresa** Terrell



Brooke Wallace



Patti Ann Gage



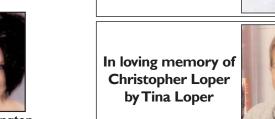
Burke Warren Lewis



Kyle Foster



Carolyn Love



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**





Lillian Oldham

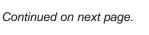




Britney Trahan



Payton Herrington





In loving memory of **Stephanie Settle by Danny & Pat Settle**





"The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well." —Elisabeth Kubler-Ross

A Letter From Heaven

To my dearest family, some things I'd like to say—but first of all, to let you know, that I arrived okay. I'm writing this from heaven. Here I dwell with God above. Here, there's no more tears of sadness; here is just eternal love.

Please do not be unhappy just because I'm out of sight. Remember that I am with you every morning, noon and night. That day I had to leave you when my life on earth was through, God picked me up and hugged me and He said, "I welcome you."

It's good to have you back again; you were missed while you were gone. As for your dearest family, they'll be here later on. I need you here badly; you're a part of my plan. There's so much that we have to do, to help our mortal man."

God gave me a list of things that he wished for me to do. And foremost on the list, was to watch and care for you. And when you lie in bed at night the day's chores put to flight. God and I are closest to you—in the middle of the night.

When you think of my life on earth and all those loving years, because you are only human, they are bound to bring you tears. But one thing is for certain, though my life on earth is o'er, I'm closer to you now, than I ever was before.

There are many rocky roads ahead of you and many hills to climb, but together we can do it by taking one day at a time. It was always my philosophy and I'd like it for your too—that as you give unto the world, the world will give to you.

If you can help somebody who's in sorrow and pain, then you can say to God at night—"My day was not in vain." And now I am contented—that my life has been worthwhile, knowing as I passed along the way, I made somebody smile.

So if you meet somebody who is sad and feeling low, Just lend a hand to pick him up, as on your way you go. When you're walking down the street and you've got me on your mind; I'm walking in your footsteps, only half a step behind.

And when it's time for you to go—from that body to be free, remember you're not going—you're coming here to me.

Ruth Ann Mahaffey ©1998 Submitted by Eileen G. in memory of her son Stephen

When A Grandchild Dies

The grandparent relationship is a very special one. When a grandchild dies, grandparents grieve too. They grieve not only for their grandchild, but also share in the grief of the bereaved parents. For some grandparents, the hardest part is a sense of help-lessness they feel for the pain that the child's parents suffer. But their own grief may also be very intense. When a child dies both the parents and grandparents lose part of their future.

As with parents, a bereaved grandmother often grieves differently than does the grandfather and this difference may create a strain between them. This does not mean that one is right and the other is wrong. There is not one right way to grieve. Knowing what usually happens in grief may help bereaved grandparents as they grieve, as they try to understand their child's grief, and as healing slowly occurs for all.

Grief is said to have several stages. However, most bereaved grandparents do not grieve step by step, for grief is disorderly and irrational. At the time of the death of a loved one, there is a protective numbness. Even though they know that the loved one has died, their minds want to deny it. They may find themselves talking to and of the grandchild as if the child were still alive. They may see the dead child, only to realize that it is another child. But they now know, all too well, that death does not only visit someone else; it is now with them, for they too, are vulnerable! The ache in the chest can become their nearly constant companion.

As denial lessens, grandparents feel much hurt and frustration. This could lead to anger directed towards others and inward. It may be focused on the spouse and even the dead child. Their own grief-stricken children, whose pain they share, may become the object of their anger. They may be very angry at God; they are often angry with themselves! Guilt, real or imagined, is always there, with their recurring "What if..." "Why didn't I..." As they try to resolve their guild feelings, anger often returns to full force.

Grandparents may experience all of this twice, once for the grandchild and then for the parents who have their own guilt, anger, and pain, and who appear inconsolable. Because grandparents love their children, they often are torn between the love and the fear of loving too much, lest they then lose another grandchild or child. Grief of a previous death may return. Often, as in the multiple losses they may occur from an accident, the grandparents are grieving no only the loss of a grandchild but also the death of a child in the same tragedy. Guilt may occur because they live on, while the young ones died.

Carol L., Westlake, OH

The Compassionate Friends 8



"We have learned to laugh again—to participate in life again. But today, oh today—how sad I felt. How quickly the tears came when my husband said, so sincerely, so quietly, 'You don't know how much I miss having someone to throw the football around with . . .'" —Fay Harden

Letter from Shaw Copilow

Hi, I'm searching for a mom and dad, would you like to be them.

If you do you will call me Shaw Oliver Copilow?

You will raise me the best you know how.

We will have many happy times.

I will be everything you ever wanted in a son.

I will be happy and bright, sensitive and good looking,

I will skateboard, surf, play soccer and ultimate Frisbee.

I'll be a good athlete, a good student, a good writer and a good artist.

I will graduate from college.

I'll have a sister whom I will adore.

I'll have many friends and relationships and a special girlfriend.

I'll be a good kid and I will love you both.

We will all travel and play together and we will learn from each other.

We will share many memories which will last forever, but, I need to tell you before you decide, that I will only be around for 27 years.

That I have other commitments.

You will weep and you will be sad for a very long time and, you will learn to go on without me.

You will have the memories but your life will change forever.

So its your choice and, I hope you chose to have me.

Sidney Copilow, Shaw's Dad, TCF Medford, OR

The Death of the Young

From Spiritual Life Cannot be Measured, by Tolstoy

People ask: "Why do children or young people die, when they have lived so little?"

How do you know that they have lived so little? This crude measure of yours is time, but life is not measured in time. This is just the same as to say, "Why is this saying, this poem, this picture, this piece of music so short, who was it not broken off and not drawn out to the size or of the longest speech or piece of music, the largest picture?"

As the measure of length is inapplicable to the meaning (or greatness) of productions of wisdom or poetry, so—even more evidently—it is inapplicable to life.

"How do you know what inner growth this soul accomplished in its short span, and what influence it had on others?"

Birthday Thoughts

A child is one of life's precious gifts to parents. Through a child's eyes we discover life's magic and the promise of what lies ahead as they grow from an infant and through the childhood years into adulthood—and then suddenly one day, they're gone.

Because of them we understand how strong the power of love is and how full of joy a parent's life can be.

July 3rd will mark our daughter Susan's 48th birthday, and as we celebrate her life, we realize that regardless of how many birthdays have passed without her, this day reminds us of all the warmth and love she brought into our lives and those around her; as a daughter, sister and friend and then a wife and mother.

Dear Susan, although we miss your physical presence in our daily lives, we will treasure your memory always and we live with the knowledge that one day we will be together.

Submitted by Barbara and Walt Bradley, TCF Phoenix AZ; in loving memory of Susan Bradley Honda, 7-3-60 to 5-3-90





"But there was no need to be ashamed of tears, for tears bore witness that a

man had the greatest of courage, the courage to suffer." —Viktor E. Frankl

As I Sit in Heaven

by Lisa Proffitt

As I sit in heaven And watch you everyday I try to let you know with signs I never went away I hear you when you're laughing And watch you as you sleep I even place my arms around you To calm you as you weep I see you wish the days away Begging to have me home So I try to send you signs So you know you are not alone Don't feel quilty that you have Life that was denied to me Heaven is truly beautiful Just you wait and see So live your life, laugh again Enjoy yourself, be free Then I know with every breath you take You'll be taking one for me!

Shared by Linda Porter, in memory of Seth Porter

What Candice Would Say

(I've Gone to Rest)

I'm sorry big sister I can't play with you. I'm sorry grandpa I can't go to the zoo. I'm sorry dear daddy You can't kiss me goodnight. I'm sorry mommy You can't hold me tight. No one knows why. No one can guess. But I can't play right now, I've gone to rest.

Mary Lingle, TCF Tyler, TX

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

Don't Tell Me

By Joanetta Hendel Bereavement Magazine

Don't tell me that you understand Don't tell me that you know, Don't tell me that I will survive Or how I will surely grow.

Don't tell me that this is just a test That I am truly blessed That I am chosen for this task Apart from all the rest.

Don't come at me with answers That can only come from me, Don't tell me how my grief will pass, That I will soon be free.

Don't stand in pious judgment Of the bounds I must untie, Don't tell me how to suffer And don't tell me how to cry!

My life is filled with selfishness, My pain is all I see, But, I need you now, I need your love, unconditionally.

Accept me in my ups and downs, I need someone to share, Just hold my hand and let me cry, And say, "My friend, I care."

Endowment

Hope gives us vision for regaining the tenderness of memories. Hope carries us through to survival and healing. Hope offers us courage for acceptance and overcoming. Hope gives us new spirit and new laughter. Hope is among the greatest gifts to be found in time of sorrow. But hope cannot restore on earth what is lost to death. Hope can only go forward and make us new. Give space to hope in your life.

Sascha, From LARGO, Fall 2001



"Vulnerability to death is one of the given conditions of life. We can't explain it any more than we can explain life itself. We can't control it, or sometimes even postpone it. All we can do is try to rise beyond the question, "Why did it happen?" and begin to ask the question, "What do I do now that it has happened?" —Harold S. Kushner

Love Gifts



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

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

Merri Walsh in memory of Chris O'Leary - rent Carol & Shane Johnson in memory of Jared Sheets - rent Danny & Pat Settle in memory of Stephanie - rent

Jim & Cheri Zucca in memory of Leah - rent

Robert & Trisha Taylor in memory of Alex Conway - rent Barbara Barton in memory of Lindsey - rent

Dale & Phyllis Cavazos in memory of Chad - newsletter

Tina, Johnathan & Heather Loper in memory of Christopher - TCF Phone

David & Teresa Terrell in memory of Andy 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 903-422-0358. We want to get it right and will correct the information for future use. Thanks very much.

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

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

Announcements

NEW MEETING PLACE! The new 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.

VOLUNTEER OPPORTUNITIES!

We welcome volunteers to serve in any capacity within our group, including sending out birthday and anniversary cards each month, setting up the monthly meeting and help with our annual events.

If you'd like to get involved as a voluteer and/or steering committee member, please reach out to us. We'd love to have you aboard and we're sure you'll expereince some healing in this capacity.

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!

Annual Candle Lighting Ceremony in December

If you would like to help with the Candle Lighting, please call the TCF line at 903-422-0358. Thank you!

The Compassionate Friends The Compassionate Friends