

# 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!









Volume 20, Issue II

## Tyler, Texas

### November 2019

# **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:
Cheri Zucca & Trish Mann Taylor
Secretary: Trish Mann Taylor
Newsletter/Website: Mary Lingle
Tyler Meeting Facilitator:
Heather Ogg

Steering Committee: Cheri Zucca, Don & Leslie Dixon, Janet Majors, Trisha Mann Taylor, Barbara Barton, Heather Ogg, Kim Cathey, Mary Lingle

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

# The Meeting Agenda

6:30 p.m. - Meeting will begin with 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 TCF of Tyler Leadership Announcement

We are very happy to announce that a current member of the TCF Steering Committee has stepped up and voiced her commitment to the Tyler chapter and wants to keep it going. However, we are still looking for a co-chair.

As mentioned in previous newsletters, we will still be around to assist with how "we" do things. However, things can be changed to fit the new leadership, if desired.

We both want to say we have truly enjoyed the last several years. It's been a very rewarding and healing journey for us both, and we've made so many new relationships along the way!

Feel free to reach out to either of us with any questions if you think you may be interested in the co-chair position or if you'd like to donate or volunteer in any capacity.

Sincerely,

Cheri & Trisha

# **Annual Candle Lighting Ceremony in December**

Our Annual Candle Lighting Ceremony will be Sunday, Dec. 8, 2019, 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! Volunteers are needed most in these areas:

- Music—sing a song or two
- Write and/or read a quote, poem, letter, etc. (let us know if you have something to share)
- Setup Saturday and/or Sunday or help take down on Sunday
- · Bring finger foods to share

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!

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 quickly find there are no words to describe the experience of losing a child. For those who have not lost a child, no explanation will do. For those who have, no explanation is necessary." —*Mary Lingle* 

### 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."

The Compassionate Friends

### **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.

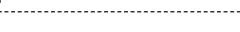
Group Meetings for Survivors of Trauma and Survivors of Suicide Loss, sponsored by Michael's House of Hope at the New Life Worship Center, 18535 Hwy. 69 S., Tyler, room 620. Call Dr. Timothy M. Roddam at 903-681-3161 for more information. Survivors of Trauma meets the the second Thursday of each month from 6-7 p.m.



We're on Facebook! Search for The Compassionate Friends of Tyler and Like our page.



(Signature)



# The Compassionate Friends 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 addi	ess at the bottom of this page.				
Your Name:					
		Relationship:			
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Address:					
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☐ No thank you, I'd pref	fer to stop receiving the newsletter	. (Newsletters are posted m	onthly on our website.)		
☐ Please include my child	s name and picture in the slide pres	entation at the Candle Lighti	ng Ceremony.		
☐ Please include my child	s picture and information on the TC	F Tyler Web site. (www.Tyle	erTCF.org)		
☐ I am enclosing a memor	rial to support The Compassionate F				
☐ In memory of			Please make check payable to TCF		
Please use this gift for: □	TCF Newsletter 🗖 Butterfly Relea	ase 🗖 Candle Lighting 🗖 T	CF Events		
	apter's work depends on donations.  onsider taking this time to give a gift				
Lighting Ceremony or any	en permission on file to use your c other TCF event. Permission may be ter Database. It is confidential and is	e withdrawn at any time by	written request. This information is		

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

# "Everyone is broken by life, but afterwards some are stronger in the broken places." —Doris Kearns Goodwin quoting Hemingway

# **November Birthdays**





**Rusty Welch** 



Randall Thorton, Jr.



**Nathaniel Bolom** 





**Stacy Hunter** 



Christopher Jordan Pope



Mike Loughmiller



**Brandon Whitfield** 



**Lindsey Stewart** 



**Erik Scott McKinney** 



**Aaron Yarbrough** 





Patricia Ann Edwards



**Mary Adams** 



**Missy Rogers** 



Kristi Diaz



Rayvn Caldwell







Haylee Lee





Lorie McLain



**Doug Norton** 



**Austin Lane Phillips** 





The Compassionate Friends

Beerline



Whitni Ray

Haile Rae

**Beasley** 





**Brytnie Leah Stithem** 

Riley Noah Oden







Ellie Mae Richards



**Cord Ervin** 



**Bridgette Munson** 

Continued on next page.



"Now I can think of his life more than his death. For me, that's resolution."

# Helping a Homicide Survivor Heal

A friend has experienced the sudden, violent death of someone they love. You want to help, but aren't sure how to go about it. This article will guide you in ways to turn your cares and concerns into positive actions.

### **Traumatic and Violent Death**

Death by homicide creates overwhelming grief for survivors. Their world has been turned upside down. Nothing in life prepares survivors for the reality that someone they love has died a violent death. Murder results in survivors grieving not only the death, but how the person died. A life has been cut short through an act of cruelty. The disregard for the human life adds overwhelming feelings of turmoil, distrust, injustice and helplessness to normal sense of loss and sorrow.

### Murder and Social Stigma

Survivors of murder victims enter into a world that is not understood by most people. A sad reality is that members of a community where a tragic murder has occurred sometimes blame the victim or survivors. Out of a need to protect themselves from their own personal feelings of vulnerability, some people reason that what has happened has to be somebody's fault. This need to "place blame" is projected in an effort to fight off any thoughts that such a tragedy would ever happen to them. As a result of this fear and misunderstanding, survivors of homicide deaths are often left feeling abandoned at a time when they desperately need unconditional support and understanding. Without a doubt, homicide survivors suffer in a variety of ways: one, because they need to mourn the loss of someone who has died; two, because they have experienced a sudden traumatic death; and three, because they are often shunned by a society unwilling to enter into the pain of their grief.

### **Allow For Numbness**

Feeling dazed or numb is a good thing for your friend. This numbness serves a valuable purpose: it gives emotions time to catch up with what the mind has been told. Nothing in one's coping mechanisms prepares survivors for this kind of trauma. Shock is like an anesthetic—it helps create insulation from the reality of the death until your friend is more able to tolerate what he or she doesn't want to believe. Don't assume your friend is "being strong and taking it well" when he or she is really in shock. They may appear strong, but early on in grief, their appearance reflects their numbness and disbelief. However, they need you now, and will particularly need you when the shock begins to wear off and reality sets in. Let your friend move at his or her own pace. It is damaging to try to push someone through shock and numbness. By "walking with" your friend at his or her own pace, you are giving one of life's most precious gifts—yourself.

### **Work Together as Helpers**

Remember that the murder of someone loved is a shattering experience. As a result of this death, your friend's life is under reconstruction. He or she will need to talk about it for years to come. Be the person who will encourage and allow your friend to share feelings about the homicide after other listeners have moved on. Use the name of the person who was killed when you talk to your friend. Hearing the name can be comforting, and it confirms that you have not forgotten this important person who was so much a part of your friend's life. To experience grief is the result of having loved. Homicide survivors must be guaranteed this privilege. While guidelines in this article may help, it is important to recognize that helping a homicide survivor heal will not be an easy task. You may have to give more concern, time and love than you ever knew you had. But this helping effort will be more than worth it.

Excerpts from the writings of Alan D'Wolfelt, Ph.D



"Know that there is hope. Know that many, many bereaved parents who have been in the same painful place that you are now have found life meaningful again. Know that you will too." —Jan McNess

# We need not walk alone.

"Love is the size of a sigh, as light as a kiss, as gentle as a whisper, and as small as a moment in time. It comes in all sizes and shapes and cannot be saved until later. Love simply IS, and you have been loved. So lighten up. Carry less, live more, and love a lot. Love is a good thing to carry and really the ONLY ESSENTIAL thing we need!" —Darcie D. Sims

## **November Anniversaries**











**Phillips** 





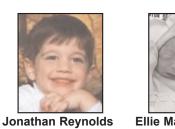










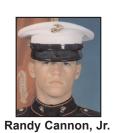












Patricia Ann

**Edwards** 

Joseph Alika Kealoha-Lopez

Carpenter

Leah Zucca

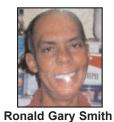
by Jenna Epperson

A special THANKS to Melissa at Landmark Business Park for allowing us to stay rent-free for a couple months while we search for alternatives.









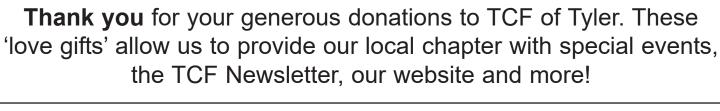


















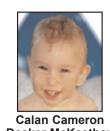


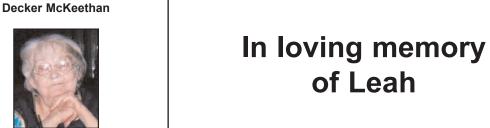








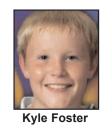


















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Zi'lain Cummings



Pharaoh Lydia







Continued on next page.

The Compassionate Friends

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



This month's newsletter is sponsored by Jenna Epperson.



"You shadow our lives, affecting them in big ways and small. And though I would trade blessings in a minute just to have you back in my arms, I am indeed grateful for the blessings inside sorrow." —Lisa Sculley

### Fall

It is hard to believe that summer is over! Even though summer is technically still here until September, the cool evenings we have been having, school starting, and football games being played, are all signs that fall is here.

Fall is and always has been my favorite season. The crispness of the air, the beautiful colors of the leaves on the trees, the smell of leaf and wood smoke, the sky full of birds traveling south, "talking" with one another as they go by, these are all part of this wonderful world that we live in. Sometimes we are so "down" and preoccupied with our child's death, and we are working so hard to just get through each day, that we are unable to appreciate what is going on in the world around us. I hope that all of you will be able to feel and see the wonders of fall.

Try to take a few minutes each day and look around. If you can focus on a beautiful tree or leaf, smell the chrysanthemums in the garden or bite into a fresh apple that was just picked, your day will seem brighter. Those few minutes are well worth it. If you are up to it, go to a high school competition of any sport. The enthusiasm of the young people participating in these events is contagious.

Yes, sometimes it hurts. We want our children to be there with us, enjoying these activities or any activities that we do as a family. But, it also gives us renewed hope that life goes on and that there is happiness and excitement in the world. I hope that you can find some beauty and peace in the fall months ahead.

Jeanne Davis, Chapter Leader, TCF Green Bay

# The Sharing of Grief

I cannot carry this burden alone, the road is too steep and the pain too great. I shall only get to the top of the hill if I am able to lean on a firm shoulder whose strength lies in the reality of the feet which bear its weight. The sharing of grief is the only solution to the crisis that surrounds bereavement in our age. To share a person's sorrow is to accept their realty and to acknowledge the fact that none of us is immune from death.

Reverend Simon Stevens, Founder of Compassionate Friends

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

In loving memory of Alex Conway by Robert & Trisha Taylor



In loving memory of Candice Lingle by Mary Lingle



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





"In the silence the clarity of your voice, climbs high upon the eagle's wings. The chains of doubt that imprison my soul fall beneath my feet. In the freedom and majesty of the sentinels gaze, faith is strengthened and hope returned to a weary heart, upon the silent flight of eagle's wings." —*Chris Roe* 

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# November Birthdays cont.







Rachel Jackson



eah Miller



Luciano Tessaro

# Welcome—We Are Your Organization

We are your organization. We ARE you. No better, no smarter, no more experienced, just fellow bereaved parents struggling along. Among our group are homemakers, bankers, teachers, office workers, physicians, cops, waitresses, accountants, justices of the peace—in short, the whole human spectrum—people, just grieving parents who are trying to help themselves and others. No pat answers, no glib replies, no religions, no color, no judgments—truly. We ARE you. You may not know us, but you know us all so well. Say nothing or say a lot. No barriers, no requirements, only the promise that whether you listen or lead, you will find genuine understanding and experiences. No need to spill your guts or bare your soul; just come to a meeting and realize that you are truly not alone in your grief and loneliness, in your anger and "craziness," and pain. We ARE you.

# Safe Passage

Excerpt from 'Safe Passage' by Molly Fumia

Grief is like a leaky faucet. Just when you think it's fixed, it comes back again, more bothersome than ever. Perhaps we should not expect an end to the dripping of the faucet or of our tears. There will always be more where they came from. Instead, we can accept the comfort of a rhythmic letting go, knowing each droplet of grief has the potential to cleanse, to soothe, indeed, to nourish new life.

# **Toni Wood**

In loving memory of Toni

by Tami Wooldridge



This month's newsletter is sponsored by Tami Wooldridge.

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





"Those of us who are further down the road of grief encourage the more newly bereaved to know how necessary it is to put their needs first now. For awhile, allow yourself to be selfish and to be vocal, if necessary, about your right to take care of you and do the things that comfort you before you consider others."

—Mary Cleckley

## Memories

Today I was walking On a street in my town I came across a big white house With a carefully manicured lawn I saw a little boy Playing in the sand Running his trucks to and fro My mind drifted to another land... The days when I once had a little boy Who loved to play in sand Who picked me little flowers And placed them in my hand Who loved to yell "Mommy" When a butterfly landed near Who looked to me for answers A boy who had no fears A child who loved life As I had taught him to do Who gave of himself But left this world too soon Tears slid down my face As I watched the little boy Remembering my own son When my life was filled with joy I sighed a big sigh As the memories ran through my head Of another sandbox long ago And the many things my son said Whenever I see a child Around the age of five I always get the "memories" Of our life before he died I touch a dandelion When it's white and turned to "fluff" Remembering my birthday flowers And how the weeds meant so much I only have my memories After all the years gone by I still can't help my heart I still sit down and crv

By Sharon Bryant Reprinted by permission of author Andy Dunbar January 22, 1972-October 24, 1977 I'm his Mom and he's my special angel...forever

# What Candice Would Say

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 daddy, you can't kiss me good night.
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

# Dancing In The Flame

Though I am tired and weary, My eyes continue to weep, And my heart denies me the comfort, That I find only in my sleep. So I sit alone in the darkness, Before the firelight, And stare into the flames. On this dark and moonless night. As the flames leap and dance, I am surrounded by an eerie sight, That evokes haunting memories. Brought to life by the fire's light. My thoughts take me back, To a time when you were here, To times when laughter filled my heart, Times lost forever, I fear. In the flames, I see your face, Your sweet and loving smile. And I know that we will meet again, But I must wait a while. These guiet moments of reverie, Bring comfort to my aching heart, And tell me that you and I, Are never far a part. Now my heart begins to lighten, As sleep arrives to claim, The pain I felt just moments ago, Before I saw you dancing in the flame.

Jacquelyn M. Comeaux, ©2001

### **Benchmarks**

Good bye would be too difficult, Although I know you are gone. Instead, I keep you in my heart And your memory lives on. I have redefined my purpose, son, Since you are no longer here. With your death I faced a choice To die, exist or to live free. My life has changed forever, child, I m redefined each week, You would call these benchmarks Of goals set and then achieved. And so I set my benchmarks, Achieving many, reshaping some.. But everything is different now Except your mother's love.

In memory of my son, Todd Mennen Annette Mennen Baldwin, TCF Katy, TX



"Sometimes love is for a moment. Sometimes love is for a lifetime. Sometimes a moment is a lifetime." —Pamela S. Adams

### 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 - rental 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

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 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.
- If you have a butterfly release sign, please put it out the end of April or first of May.
- If we are storing your butterlfy 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.)

# **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.





