

Light a candle for all children who have died.

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

Volunteers wanted!

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!



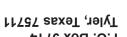
www.TylerTCF.org

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!

Me need not walk alone.









Volume 19, Issue 10

Tyler, Texas

October 2018

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. 9, 2018, 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 903-422-0358. Thank you!

New Shirts for Our Annual Candle Lighting Event



Now taking orders for our 2018 shirts. Cost is \$25 and you can pick them up at the ceremony or on Saturday morning, December 8, from 9 am till noon, where we will be setting up for the Sunday event. We appreciate all volunteers! Call or email to place your order: (903) 422-0358 or info@TylerTCF.org

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.



"Grief is like a journey one must take on a winding mountainside, often seeing the same scenery many times, a road which eventually leads to somewhere we've never been before." —Gladys H.

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

5111110: 300 030 2040

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.

	s at the bottom of this page.			
Your Name:				
Child's Name:		Relationship:		
Birth Date:	Death Date:	Cause	Cause of Death:	
Address:				
			Zip:	
Home Telephone:				
Please check any of following				
☐ Due to the rising cost of	postage, please send newsletters	via email. My email a	ddress is	
☐ I prefer not to receive the address you have on file for		uld like to continue ha	iving a hard copy sent to the mailing	
☐ Please update my mailing	g address:			
☐ No thank you, I'd prefer	to stop receiving the newsletter	. (Newsletters are post	ed monthly on our website.)	
☐ Please include my child's	name and picture in the slide pres	entation at the Candle I	ighting Ceremony.	
☐ Please include my child's	picture and information on the TC	CF Tyler Web site. (www	v.TylerTCF.org)	
☐ I am enclosing a memoria	l to support The Compassionate F	riends in the amount of		
☐ In memory of			Please make check payable to TCF	
	CF Newsletter 🛭 Butterfly Relea			
			e opportunity to give a donation in mem-	
Lighting Ceremony or any ot	ther TCF event. Permission may be	e withdrawn at any tim	ure in the newsletter, Web site, Candle e by written request. This information is ter activities such as the newsletter.	

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

Date:

"The greatness of a community is most accurately measured by the compassionate actions of its members, a heart of grace and a soul generated by love." —Coretta Scott King

We need not walk alone.

"Bereavement is a darkness impenetrable to the imagination of the unbereaved."

October Birthdays



Marshall Charles



Donahue



Joey Moore



George Washington Shaw. III



Jeremy Mark Lawler



Christopher **Andrews**



Sandi McLain



Austin Dixon



Brittany Butler James Brady Langston





Kendrick Clark

Kenneth Melvin



Trey Dobbs

Patton Ross



Suzie Gorman

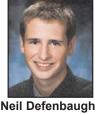




A.J. Huggins



Clayton Norton



Richard Heerdt



Allison Carson





Gauge Austin

Thomas



J.D. Adams

Ricardo Gonzalez



Jessica Maureen Nix Bonnie Lee Benson

Loren Saunders





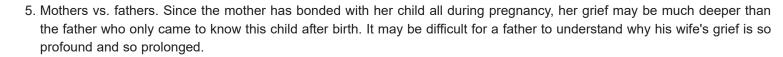
Michael Knight Stephanie Mata



Jesse Lee Irbv

Todd Dean

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By Claire M. & Sue S., TCF St. Louis, MO

Grieving Parent's Tribute to a Friend

You walk with me, my friend, along my lonely path. Through a tiny thread of light, I see your kind face. My heart warms in your arms as my strength ebbs and flows. And without words, you know what is in my thoughts. When I am so distant and cold, you reach out with your love as I try so hard to be all I was in your eyes! As the winter comes and goes, there is a trickle of hope. My faithful friend, I hold your hand and my footsteps become lighter. You are always there. As the years pass, shall I learn to hide in the shadows? As I accept your love, a child with sparkling eyes with happy laughter and my pride, my joy, lives in my heart. For all of my life I shall remember the precious love I knew. To lose the young is to break hearts. When the tears begin to fall, my angel, my friend, comforts me. As I walk slowly, friend, you cast the light of hope and understand my heart. Some will forget my child and I know this has to be. I may learn to smile again but just for one like you. My friend for life, I do not know the way; lead and I will follow as I learn to live again. Your footsteps are blessed for I will not forget that you were sent to me. My tears of gentle sorrow are understood by few. The love and compassion that comforts me warms like the sun; the golden light, the ray of hope — for I am not alone. May God Bless You, Friend.

Maureen S., TCF Victoria, Australia

Loss of an Infant (The Grief of a Parent Who Has Lost an Infant)

To experience the loss of an infant is to grieve for what never was. After all the months of anticipation and preparation, the actual birth of a child brings the feeling of hope and fulfillment. Should that child be stillborn, or die hours, days or even months later, the unrealized dreams become a source of pain for the parents. No parent expects to outlive his child; the death of an infant is often the loss of a child unknown even to the parents. The expected stages of grief (guilt, disbelief, anger, etc.) can have new directions for the parents who have lost an infant.

- 1. Shame and guilt. Especially if the infant was stillborn or had a birth defect, the mother may feel she has failed as a woman. "Other women have live, normal babies, why can't I?" Should an infant die months after birth, parents find it hard to resolve feelings that it was their fault.
- 2. No memories. Parents may only have "souvenirs of an occasion" (birth certificate, ID bracelet) by which to remember their child. If the infant is older, they may have pictures and a few belongings, but they still feel they hadn't really gotten to know their child.
- 3. Loneliness in grief. It is hard for friends and relatives to share your grief for a child they never knew. If the child is a newborn they may give the impression that you are grieving unnecessarily over a non-person. They hope that you can "forget this baby" and "have another one."
- 4. Neglected father. Too often the sympathies of professionals and friends are directed mainly to the mother. It is important to remember that the father had made plans for this baby too.

The Compassionate Friends The Compassionate Friends

"It is a curious thing in human experience, but to live through a period of stress and sorrow with another person creates a bond which nothing seems able to break." —Eleanor Roosevelt

October Anniversaries



Erica Smith







Bill Bouslog



Janet Florey









Jake Schoonover

Zachary Bradley







John Patrick Carnahan



Alexander Johnson Cory Wayne Channon

Aaron Sullender

Amanda Claire



J.D. Adams

Jackson Thomas

Feliciano



Candace Beggs



Todd Andrew

Thompson





Jennifer Massey





Trenton Cole

Bailey

Alyssa Kathryn

Crim





Jonathan Shipman

Rosa Linda Serrano

Randy Thomas

Meyers



Chris O'Leary

Stacy Hunter



Hanna Olivia Collie

Cheyenne Stevenson

Continued on next page.



October Anniversaries cont.



Terry Brendon **Reed Pettit**



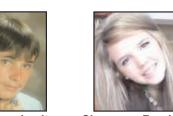
Phoebe Fair



Matthew Lehew



Robert Ryan White



Leon Wayne Lasiter



Cheyenne Ramirez





Maxwell **Edward-Ray Glass**

Of course there are things we regret. Things we wish we'd done differently. Even where there has been time to say all the appropriate things, images will flash in our minds that we'd give a lot to be able to change. Surely our loved one has forgiven us. Can we forgive ourselves?

I'm sorry. Please know that I loved you. I know that you loved me.

Daily message from Healing After Loss by Martha Whitmore Hickman



A special remembrance ceremony for anyone who has been touched by the loss of a child.

Admission is free. Pre-register through October 5, www.childrensparktyler.org or by calling 903-939-1597, in order to receive an angel with your child's name and order t-shirts that have all the children's names listed for the day.

This year we are dividing into 2 times, 10 AM (for children with last names A-K) and 2 PM (for children with last names L-Z). Registration begins at 9 AM & 1 PM, respectively.





MARK YOUR CALENDARS!

Now taking donations for our GARAGE SALE FUNDRAISER to be held at the meeting place on Saturday, October 13, from 7 a.m. till noon. Please consider donating items for us to sell and/or help us with set up/pricing, selling and cleanup after. Any item that isn't sold will be donated.

Call the TCF line at 903-422-0358, or Cheri at 903-570-7017 to make arrangements to drop off donations.





"Faith is the bird that feels the light when the dawn is still dark."
—Sir Rabindranath Tagore

Halloween And Other Masks

The month of October brings with it a smorgasbord for the senses. We can hear the crunching and crackling of leaves under our feet. We can see the brilliant reds, oranges, and yellows splash the earth. We can feel the magical approach of winter in the air. October is also for Halloween, a date synonymous with masks. As bereaved parents we have, at various times, worn many and varied masks. We have masked our feelings of despair, sorrow, and anguish for the sake of our loved one, friends, and acquaintances. We have masked our feelings of anger and bitterness for the traditional belief that a kind God would not do this to innocents. Most importantly, we have masked the person we have become, the person that has evolved after living through the death of a child. Let us celebrate the month of October by beginning to take off some of our masks! A very positive and helpful way to begin this process is to attend the next TCF meeting. Share your sorrow, your fears, your bitterness, and disappointment. Above all, share your progress and triumphs through the arduous journey of grief. When you enter a room of caring and supportive people who have shared your grief, there is no more reason to wear a mask.

Cathy C., Erie, PA

In loving memory of **Austin Dixon by Don & Leslie Dixon**

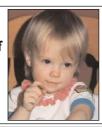


Thanks for your donations and continued support of TCF of Tyler.

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 lim & 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**





"Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it." —The Talmud

October Birthdays Cont.



Irish Faye Haggerty



Sydney Jane Farris





Robin Reynolds



Keith Radabaugh



Amanda Anderson



Randy Meyers



Kara Belanger



Stevenson



Carson Kerry Rose



Linton Daniel Wilaus



Tanner Michael **Douglas**



Maxwell **Edward-Ray Glass**

We hope to see you at the annual TCF Candle **Lighting Ceremony in December!**

Autumn Tears

We look back on September and we realize that somehow we made it through those dreaded first days of school. Whether it was the anticipation or the actual days that were worst, we survived. We used our faith, our support systems or just plain hard work and made it over yet another hurdle. We watched small children for their first day of kindergarten, listened to excited teenagers talk of high school and heard stories of children leaving home to attend post-secondary school. Somehow we rode the waves of grief and found ourselves ashore again.

As these waves subside new ones will build as we head into the holidays that speak of, and to, children. Halloween will soon approach and for some, painful memories. Thanksgiving arrives to exemplify family and togetherness and Christmas looms ahead. These special days are forever reminders of our loss, the costumes we'll never sew, the empty chair at turkey dinner, the fun and magic we'll never share with someone we love. Forever reminders that our child has died.

To survive when these events and anniversary days come around let's find time to think of the good memories we have, the announcement of our long awaited pregnancy at Thanksgiving dinner, the look of excitement on our son's first Halloween night, the vision of our daughter helping prepare the turkey dinner. These holidays will always be reminders that our child died. Let us also make them reminders that our child lived! They left us memories more precious than any others to hold and celebrate!

Penny Y., TCF Powell River, British Columbia





To Jonathan

I questioned the loss of a loved one
The grave seemed so final and cold
But we will meet again where death has no victory,
In a land where we will never grow old.

I never met one man without sorrow Never looked into eyes without pain I know a land where grief is a total stranger and songs of joy are the only songs that are sung.

Tears will never stain the streets of that city
No griefs of death on my mansions door,
Tear drops aren't welcome beyond the gates of glory
for the heart will never break anymore.

To my son, Jonathan Sanders, who will always be in my heart. The memories of you are with me every breath I take.

I love you, Mom, Dad & Lindsey; TCF Jacksonville, TX

People Think

People think we're fine, you know. They Say, "Oh, siblings heal so fast." But they don't know the empty feelings of our longing for the past.

People think we're fine, you know.
"Look how they've resumed their lives,"
they say. But they don't know of our
troubled heart or the loneliness from day to day.

People think we're fine, you know. "See how they're getting over it?" they surmise. But, they don't know that we've learned to laugh and smile only to complete our broken heart's disguise.

Mary M., TCF Ft. Lauderdale, FL

To My Son

by Judy Tuthill, TCF

Little boy, whose heart beat I heard,
And whose kick I waited but never felt.
I'm sorry, so sorry
You never felt my love, my arms,
How much I wanted you.
Forever will I hold you in my heart
Oh dear one, you weren't ready to come
Too small to live.
If only more life could I have given you.
Dear baby, my little one,
I cry for you.

Compassionate Friend

What is a Compassionate Friend?

One who softens the journey of grief One who stands beside me

One who gives a gentle and safe hug
A look of understanding

One who shows me how to live, laugh, and love again Validates the loss of my child Accepts me for who I am

Honors the life my child lived
Remembers my child
Allows me to share memories of my child
Acknowledges and confirms my feelings are real

Most importantly the friendship, love, support, and care given through the darkest times a parent experiences through the loss of a child

I am grateful for my family, friends, and especially my compassionate friends who endure the same journey and truly understand the loss of a child

My hope is that each and every one of you find some comfort and peace on your journey and know we are here to walk with you and support you

In Memory of Stacy and Appreciation of my Compassionate Friends

Sadly missed, forever loved, and never forgotten...

Susan S., TCF Manchester/Nashua, NH

Reflections of an Anniversary

Frozen in a hundred photographs, my son,
No more do you crash through the door
And throw your adventures at my feet
Or solve the non-workings of a music box.
Your rolling giggle echoes in your sister's voice;
Your dimple somehow lodges on your brother's face
And younger brother lives with your scientific thirst.

We said good-bye years ago
But you never left.

Memories, a thousand moonbeams of joy,
Not frozen, but active
A spirit filling in the corners and hollows of my life
A love expanding my capacity for living
Until in eternity—we meld again.

Marcia A, TCF Mercer Area Chapter, NJ



"Courage is not the absence of fear but the willingness to proceed in its presence." — Unknown

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

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.

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.)

VOLUNTEER OPPORTUNITIES!

Dear TCF Members.

As always, we welcome volunteers to serve in any capacity within our group, including sending out birthday and anniversary cards each month.

We are already planning our Annual Candlelighting Ceremony for December and would love to have your help!

If you'd like to get involved as a voluteer or steering committee member, please reach out to us. We'd love to have you aboard!

Sincerely, Cheri & Trisha

