



Monthly Group Meeting

Tyler Area Meeting

Monday, Aug. 20, 6:30 p.m.
3600 Old Bullard Rd., Bldg. 1,
Ste. 101B, Tyler

Jacksonville Meeting

Tuesday, Aug. 7, 6:30 p.m.
Sam Smith's office, 1401 E. Rusk

Lufkin/Nacogdoches Area Meeting

Thursday, Aug. 16, 6:30 p.m.
Southside Baptist Church
1615 Tulane Drive in Lufkin

Contact

Phone: (903) 258-2547

www.TylerTCF.org • info@TylerTCF.org
P.O. Box 9714 • Tyler, TX 75711

Chapter LeaderTina Loper
Meeting Facilitators Tyler
Don & Leslie Dixon, Cheri Zucca
Meeting Facilitators Lufkin
Lauri Maner, Bill Ottesen
Newsletter/Web SiteMary Lingle
Steering Committee: Sam Smith,
Carol Johnson, Carol Thompson,
Mary Ann Girard, Cheri Zucca, Mary
Lingle, David & Teresa Terrell, Janet
Majors, Don & Leslie Dixon, Kathy
McKinney, Margie Newman,
Pat Settle, Lisa Schoonover

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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Cleaning Out Her Room

The other day we cleaned out our daughter's room.

Time had remained the same in this room for two and a half years.

All that we needed was for our 8-year-old Stephanie to come home! Come home to a room filled with games, books, toys—all the memories that today remind us of how special her life was.

We caressed lovingly the sailor cap she wore at her last dance recital.

Her first "wooby"—now scraps of cloth—but so soft and familiar, Stef refused to give it up until one day we hid it, told her it was lost, and replaced it with a new one. How soft it now felt in our hands.

Her "Skip-It," purchased only a few days before she died. How excited she was! "Thank you mommy, thank you, thank you! I love you! I love you!" How long her mom had searched to find one for her. How short the time she was able to use it.

Her Rainbow Brite sleeping bag—given to her one Christmas Eve. She slept for weeks on the floor in that sleeping bag. How much it meant to her.

Her baton. Her Burger King watch. Her "Sweet Pea." Her stuffed animal... They all screamed, "I was Stef's!"

Clothes were folded... Tears flowed...

A new baby is coming to live in Stef's room. We know Stef would approve. If ever a guardian angel exists, we know it is Stef. She will watch over her little sister.

Her love remains to fill this room.

It will never be empty!

*Wayne Loder, TCF Lakes Area Chapter, MI
In Memory of my daughter, Stephanie Loder*

Grandparents' Remembrance

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey, TCF Rutland, VT

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.



We need not walk alone.

"The death of a loved one becomes a reference point around which we define where we've been and how we structure a path for tomorrow. Grief provides a 'crash course' in some of the most profound lessons life has to offer. As bereaved individuals, we find ourselves with fewer answers but far more insights. In time, we learn there is no loss without gain and no sorrow without joy." —Joanetta Hendel

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 of Tyler, Texas
<http://www.tylertcf.org>

Compassionate Friends (national home page)
Also offers grief support for **siblings** and **grandparents**
<http://www.compassionatefriends.org>

Children Are A Gift Foundation
<http://www.childrenareagift.com>

GriefShare
<http://www.griefshare.org>

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

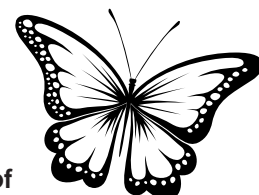
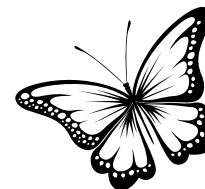
Smith County Victim Services Division
<http://www.tdcj.state.tx.us/divisions/vs/counties/smith.html>

The Hospice of East Texas
<http://www.hospiceofeasttexas.org>

**The University of Texas at Tyler
Psychology and Counseling Training Clinic**
Located at the Bethesda Health Clinic
409 W. Ferguson
Tyler, Texas 75702
903-592-2348

Touched by Suicide (local)
<http://www.touchedbysuicideeasttexas.org>

**Victim Services Division - Texas Department of
Criminal Justice - Online Resource Directory**
<http://www.tdcj.state.tx.us/divisions/vs>



Remembering Our Kids

No matter the age, they'll always be our 'kids!' And to remember them in a special, whimsical way, we are offering to include your child's photo with a symbol of something that represents them—something they loved—for a donation to TCF of Tyler in the amount of \$25. Just send a check to P.O. Box 9714, Tyler, TX 75711, or visit us online at tylertcf.org. Please designate where you'd like the donation to be used and tell us what kind of art would represent your child, eg: football, guitar, hunting, computers, animals, etc.





We need not walk alone.

“Only after we have walked down the long road of grief and can look back, remembering those early days and weeks, can we see we really are not on square one again. We have just slipped backwards for a time. That is all. Allow yourself that, and then strive forward again. It takes time, a lot of time!” —Mary Ehmann

Love Gifts



Howard Hughes in memory of Kody Hughes

Martha Lewis in memory of Burke

Thanks to the following members who have made a rent donation for our meeting place this month:

Merri Walsh in memory of Chris O’Leary

Jim & Cheri Zucca in memory of Leah

Martha Lewis in memory of Burke

Tina, Johnathan & Heather Loper

in memory of Christopher

Carol & Shane Johnson & Touched By Suicide

in memory of Jared Sheets



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

Claudette Brown in memory of Terry Wayne

Dale & Phyllis Cavazos in memory of Chad

Sam Smith in memory of Stacey -

use of his office for the Jacksonville meeting

David & Teresa Terrell in memory of Andy -

use of a storage building

Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: TCF Tyler, 5401 Hollytree Drive, 1204, Tyler, Texas 75703. 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: Please notify us if any of your information is incorrect.

Email Addresses: If we do not have your email address or it has changed, please email it to Tina or Pat so that we may email you announcements and updates about TCF of Tyler. Tina’s email: lilbluebutterfly6@gmail.com ~ Pat’s email: beachbum2201@gmail.com

Griefshare.org offers comfort, hope and healing resources when we want something reassuring to read at any time of the day or night. There are books and CDs dealing with every death situation and its special grief, and meeting times and places for GriefShare groups meeting in our own areas. All resources are based on Christian caring but each person is welcome regardless of personal belief. Put in your zip code to search for a group. Spend a little time in Griefshare.org—you will find special words that offer the little nuggets of hope for which you are searching.

Announcements

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 3600 Old Bullard Rd., Bldg. 1, Ste. 101B in Tyler. For more information, please call 903-258-2547 or email beachbum2201@gmail.com or lilbluebutterfly6@gmail.com.

Jacksonville TCF Meeting: The meeting in Jacksonville is held on the first Tuesday of the month, 6:30 p.m., at Sam Smith’s office, 1401 E. Rusk, Jacksonville. For more information, please email beachbum2201@gmail.com or lilbluebutterfly6@gmail.com, or call 903-258-2547.

Lufkin/Nacogdoches Area TCF Meeting: The meeting for the Lufkin and Nacogdoches area is held on the third Thursday of the month, 6:30 p.m., at the Southside Baptist Church, 1615 Tulane Dr. in Lufkin across from the LiveWell Fitness. Contact Bill Ottesen at 936-634-6422 or Lauri Maner at 936-854-2002. You may also email them at CompassionateFriends4lufkinnac@yahoo.com.

The Touched by Suicide meeting is held the second Tuesday of the month at 6:30 p.m. The meeting will be held in the same, new location as TCF, 3600 Old Bullard Rd., Bldg. 1, Ste. 101B in Tyler. Anyone who has lost someone they love to suicide is welcome to attend this peer support group. For more info please call 903-330-0678 or visit www.touchedbysuicideeastexas.org.

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! For more information about our next meeting, call 903-258-2547.

General Assembly: Join us each month to assemble the newsletter and mail out cards. We hope to get some new volunteers to help with this monthly project. Call 903-258-2547 for details.

MADD Heart meets 2nd Tuesday of the month at the MADD office, 215 Winchester Dr. Ste., 100, Tyler, TX 75701. For more info call 888-665-6233 or email Melissa at melissa.granberry@madd.org.

TCF of Tyler Memorial Quilt

If you would like to have your child’s photo included on a TCF memorial quilt, please mail a \$25 donation to P.O. Box 9714, Tyler, TX 75711. For more information contact us at (903) 258-2547, or email us at info@TylerTCF.org.

Thanks to Teresa and David Terrell for donating their talent and time on these beautiful quilts which are displayed in our meeting room and special events.





We need not walk alone.

"We are their parents, and they will always be our children. Love is what makes this bond, and that did not diminish because they died. We still have the pride and joy of being their parent as long as the love remains, and we know that is forever." —*Marie Hofmockel*

August Birthdays



Brennen Applegate
8-10-69 ~ 1-22-01
Son of C.R. &
Kathryn Applegate



Gena Forest
8-22-62 ~ 12-9-98
Daughter of
Joyce Bass



Rowdy Cunningham
8-10-02 ~ 3-7-08
Son of Peggy
Cunningham



Ashley Allison
8-3-82 ~ 4-12-08
Daughter of Roger
& Robin Allison



Crystal Greene
8-6-82 ~ 11-13-00
Niece of Audrey &
Claude Mapps



Tosha Nichole Minatrea
8-11-82 ~ 12-30-99
Daughter of
Tim Minatrea



Shanette Bland
8-9-72 ~ 4-26-94
Daughter of
Clarence Thomas



Joey Green
8-16-07 ~ 12-24-08
Son of Jessica
Green



Ron Mitchum
8-3-70 ~ 4-15-00
Son of Glenda
Mitchum



Christal Murphy
8-14-72 ~ 4-22-03
Daughter of Debbie
Johnson



Cory Wayne Channon
8-17-78 ~ 10-19-09
Fiancée of Lauri
Dillman



Ashlee Ann Davis
8-27-87 ~ 9-4-09
Daughter of
Regina Davis



Scottie Baker
8-3-86 ~ 11-29-04
Son of Julie Stokes
Son of Steve Baker



Quinn Martin Muirhead
8-12-82 ~ 4-30-05
Son of Alice
Fiedler



Hannah Collie
8-30-04 ~ 10-25-09
Daughter of Jason
& Amanda Cole



Dawson Nathaniel Harned
8-21-05 ~ 8-12-07
Son of Jennifer
Thompson



Lori Campbell
8-27-78 ~ 2-28-00
Daughter of
Pam Johnson



**Calan Cameron Decker
McKeethan**
8-10-00 ~ 11-29-01
Son of Mary Decker



Kristi Otteson
8-2-73 ~ 12-16-98
Daughter of Jan Toland
Daughter of William Otteson



Justin Bynum
8-22-89 ~ 6-13-09
Son of Steve &
Linda Bynum



Alyssa Kathryn Crim
8-17-07 ~ 10-8-07
Daughter of
Ashley Crim

Continued on next page



We need not walk alone.

"No matter how old your child who died, the essence of this unique being remains within you forever. It is through us and others who knew them that our children continue to live and affect our present world. Though not in the way we hoped and expected, our beloved children are still alive." —Catharine (Kitty) Reeve

August Anniversaries



Boston Kade Porter
5-27-05 ~ 8-12-06
Son of Jim Bob
& Kim Porter



Justin Dover
9-14-89 ~ 8-15-02
Son of
Stacey Dover



Alex King
7-22-92 ~ 8-21-11
Son of
DeeAnn Seawright



Austin Cheek
9-2-87 ~ 8-3-07
Son of
Tracey Bales



**Dawson Nathaniel
Harned**
8-21-05 ~ 8-12-07
Son of Jennifer Thompson



Jill Marie Rozell
3-14-84 ~ 8-2-02
Daughter of Peggy
& Terry Rozell



Shannon Scheffler
12-21-70 ~ 8-22-03
Daughter of
Dolly Mobley



Paul Ragsdale
1-14-45 ~ 8-14-11
Son of Deborah
Ragsdale



Lorie McLain
11-14-67 ~ 8-9-04
Daughter of
Sandy White



Sandi McLain
10-20-93 ~ 8-9-04
Granddaughter of
Sandy White



Michael Holdway
6-18-52 ~ 8-3-93
Spouse of Kathy
Dowdy Holdway



Evan Blake Alexander
7-22-80 ~ 8-20-11
Son of Richard &
Shay Persinger



Michael Toby Tobias
9-20-88 ~ 8-9-10
Son of Mike &
Ann Tobias



James Jenkins
2-16-79 ~ 8-9-05
Son Becky &
Eddie Jenkins



**Dustin Dewayne
Bruce**
5-5-82 ~ 8-3-82
Son of Bonnie Jones



Jaime Arellano, Jr.
7-31-92 ~ 8-27-05
Son of Marie
Arellano



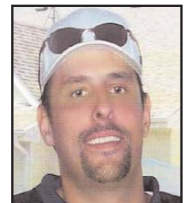
Tiffany LeAnn Tanner
12-2-94 ~ 8-24-05
Daughter of Kathy
LeAnn Tanner



Cathy Key
3-26 ~ 8-19-05
Sister of Cindy
Murray



Cameron Robinson
1-4-02 ~ 8-9-10
Son of Julie
Robinson



Aaron Willman
9-23-73 ~ 8-12-08
Son of Robin
Mitchell



Joe Maland
4-2-83 ~ 8-17-05
Son of
Mary Ann Girard
Son of Dave &
Jeanelle Maland



Erik Scott McKinney
11-26-86 ~ 8-16-06
Son of Kevin &
Kathy McKinney



Dawn Marie Wilson
12-29-79 ~ 8-21-05
Daughter of Bonnie
Thompson



Jack Riddle
3-21-74 ~ 8-21-99
Son of Jeannie
Riddle



Darrell Lynn Sallas, II
7-30-79 ~ 8-30-11
Son of Debra
Robinson



Patton Ross
10-1-83 ~ 8-15-10
Son of Dorothy
Ross



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We need not walk alone.

"Drugs are not always helpful. Sometimes, even medication intended to help me get through periods of shock may prolong and delay the necessary process of grieving. I cannot prevent or cure grief. The only way OUT is THROUGH."

—Alan Taplow

The Simple DOs and DON'Ts of Compassion

I received an email one day that caused me to think about how challenged we are when it comes to communicating condolences to a grieving parent, grandparent or sibling. It doesn't take much to figure out that many of us (having lost a child or not) are often challenged by how to really comfort or assist a grieving person. I have lost my son yet I often feel I can't find the right thing to say or do to comfort another grieving parent. The email read that people shouldn't say, 'How are you?' but rather to ask about a specific area: 'Is your health better?' or 'Are you getting out more?' something particular rather than an open-ended question." I couldn't agree more—I'm of the philosophy, if they asked, they must want to know. The advice continued to say, don't just offer empty words of encouragement, find out what is really going on in another person's life, and keep track of how he or she is progressing through the struggle; That is some serious advice!

After our son died and during his struggle to live, our friends and family showered us with love and support. There are things though that I will never forget, our friends and Wyatt's friends driving to Shands Hospital to sit with us, paying for hotel rooms, bringing us food, truly supporting us daily. I will never forget, after Wyatt died, a friend came over and said not one word, he walked in the door and held me in a tight hug and wept with me, he hurt for me, for us, for Wyatt. The mother of one of Wyatt's friends, whom I'd never met, stopped by a few weeks after Wyatt's death just to give me a hug, to say she was thinking about us and that she was sorry for all that was lost. Dear friends of ours came to our home for six weeks every night and sat in the dark, loneliness of our childless home. They held us up when we could not stand alone. Another friend calls every week still, to chat, catch up, check on me to tell me she cares. The things I remember are not so complicated, but what I know is they were actions more than words. I often feel very alone in this journey, but I will never forget that their actions held me up when all I wanted was to close the door to life.

There are some things about the death of a child that even compassion will not heal. The absence will always remain, but there are things that may bring a healing balm, if only briefly. So, with this I began to think, what do our Compassionate Friends think, what did they experience that was supportive and helpful, what was painful or even hurtful? What can we share with the people of our community on how to better communicate, better share their heartfelt sympathies, and better help us as we traverse this life without our child or our children? So we asked, and here are some suggestions and the rationale of course:

Don't tell me to call you if I need something, because I will not.

Make specific offers to help: I am going to the store, what can I pick up for you? Can I take the kids to the park on Saturday afternoon? I will be bringing dinner on Monday for the family does everyone like Spaghetti? May I take Tommy to his skating lessons on Wednesday? Will you be home on Sunday afternoon? I'd like to come over and mow the lawn for you. It's a nice day outside, let's go for a walk.

Don't think time is a miracle.

Stay in touch with the grieving parents just to let them know you haven't forgotten their loss and that you have them in your prayers. No one wants to feel their tragedy can be so easily "put to the side" and forgotten when it is (was) such a dominating presence in their own lives.

Don't let the child's death be the only topic of discussion.

It's ok and helpful to be uplifting and to include other topics that are happy, and still make it known that you care.

Don't talk "around the hurt" as if it never happened.

This loss is a part of the parent's life, it's ok to discuss it in a plain and thoughtful way.

Don't discuss the details of a child's death in front of the parent as if they are not there.

The parent is fully aware of their child's death, include them in the conversation, parents can often offer insight.

Continued on next page.





We need not walk alone.

“And life isn't always about the easy road, as we have sadly come to understand. Life is about finding ourselves in the midst of chaos and tragedy and moving forward to a deeper, more meaningful normalcy. A normalcy that includes the memories of our child and our [TCF] sisters' children.” —Annette Mennen Baldwin

Continued from page 6.

Don't use clichés that minimize the nature of a child's death.

Avoid comments such as, "he shot himself in the head?" with that dumb answer, when in the presence of a parent who lost a child to a gunshot wound.

Don't say, "You can try again for another baby" or "you're young, why don't you have another baby."

Parents are grieving the death of a unique, wonderful and loved child, it is that child they miss and long for. Grieve the loss of their child with them and leave the future to them.

Don't say "at least" about anything, ever, as in:

At least they didn't suffer (maybe, but my child is dead); At least you have your memories (yes, but I want my child); At least you have other children (yes, but I want the child I lost); It was just her time to go or "It was meant to be" (While some believe there is a purpose to every action or maybe a universal plan others do not.)

What seemed to be most compelling of the responses received was the to-do list, it's short, but concise:

Do act normal; don't try so hard not to talk about the child (as if he or she had never existed).

In describing a visit from a person who brought food and visited quite a while, one Compassionate Friend recalled that they never once mentioned her child. She expressed how this made her feel by saying her daughter, "was and is a real person, just because she changed addresses doesn't mean we can't talk about her."

Do share your favorite memory.

Parents often enjoy hearing people share their favorite memory. When those memories are memorialized in writing and the person shares what they loved or appreciated about the child, things that made them laugh or smile, it can be read again later and cherished as memories shared by others.

Do show you care and spend time in fellowship.

Grieving parents become very lonely or feel alone in their grieving and the company of others can be comforting or soothing, so don't just bring dinner, but share dinner, or visit and eat leftovers or encourage them to go outside for a walk.

Do offer to clean their house, mow their lawn, take the kids somewhere, babysit or bring dinner.

Many of the things people do on autopilot are unimportant or incomprehensible to a parent who is trying to plan a funeral or is in the depths of grieving.

Do give hugs, Real hugs.

They are powerful. Here is what one mom said about "real hugs" that people gave her: "It was like I could draw strength from them and I would feel a moment or two of peacefulness or connection that they might not understand my pain but they understood I needed them."

The Compassionate Friends is a self-help support organization for families who are grieving the death of a child of any age, from any cause. There are no dues or fees and all bereaved family members are welcome.

Marian Lambeth, TCF Tallahassee, FL

In Memory of my son, Wyatt

About the author: Marian Lambeth is the co-leader of the Tallahassee, Florida Chapter of the Compassionate Friends. On January 1, 2010, Marian and Jim Lambeth's only child, Wyatt, died following an industrial accident that left 80% of his body with 3rd degree burns. Wyatt fought for his life for 23 days before dying from his injuries. Since Wyatt's death, Marian has found comfort and support through the friendships and bonds of her compassionate friends. She is most grateful for their heartfelt contributions to this article.



We need not walk alone.

"Maybe in our lifetimes we will be allowed to grieve our loved ones for as long as we need, and words like 'closure' and 'expired' will no longer be part of the language of grief. And I trust someday there will be answers to our questions. But until then, I am so thankful for my ever-present Compassionate Friends!"
—Cathy L. Seehuetter

Promises of Rainbows

I promise not to offer
Rainbows after storms
Or silver linings beyond the clouds,
But if you have tears of sorrow,
I will share them.

If you have words of anger,
I will hear them.
If you have moments of confusion,
I will help you through them.

Perhaps
Your tears of sorrow today
Will water the seeds
Of tomorrow's garden
Of spiritual growth, of worthy priorities,
Of loving relationships and genuine
Understanding and compassion.

My sad friend, your weeping is not fruitless.

*Nancy Williams
TCF Marlbor, NJ*

A Poem for My Daughter

I love you now, as I so loved you then
your Spirit is with me forever
When you were born all of heaven sang out
Joyous that we were together

Your eyes twinkled bright as a billion stars
Your lashes brushed sweet angel's kisses
As you snuggled so warmly against my neck
So serenely, you gave me such bliss

As I stroked your head, very gently My Dear
Your hair felt as soft as down feathers
Your fingers, so tiny, wove tightly with mine
Rainbow's end couldn't give me more treasure

I remember you now, I'll remember you when
every day and each night begins
You're a part of my soul, every beat of my heart
I promise, My Darling, Amen

*Karinelyn Paul
Broomfield, CO
In Memory of my daughter, Katrina*

A Friend

I have a friend
who never married,
who never had a child.

She never lost a husband,
as I did;
She never lost a child,
as I did.

Last night I wept for my friend.

*Gwen Brown
TCF Winnipeg, Canada*

Prayers

Each morning
When I awake and rise
I thank the Lord above
For my time in the girls' lives

Each day at noon
I take a moment alone
To thank the Lord above
For the strength to carry on

Each evening
When I get home
I thank the Lord above
That Loral and Macy are not alone

Each night at bedtime
I ask the Lord above
To please hear my prayers
Then send Macy and Loral my love

*PawPaw
Donald Moyers
TCF Galveston County, TX
In Memory of Loral and Macy*

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

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: _____

Child's Name: _____ Relationship: _____

Birth Date: _____ Death Date: _____ Cause of Death: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Telephone: _____

E-mail: _____

Please check any of following that apply.

Please continue sending the newsletter.

No thank you, I'd prefer to stop receiving the newsletter. (Newsletters are posted monthly on our Web site.)

Please include my child's name and picture in the slide presentation at the Candle Lighting Ceremony.

Please include my child's picture and information on the TCF Tyler Web site. (www.TylerTCF.org)

I am enclosing a memorial to support The Compassionate Friends in the amount of _____
Please make check payable to TCF

In memory of _____

Please use this gift for: TCF Newsletter Butterfly Release Candle Lighting TCF Events

The continuation of this chapter's work depends on donations. If you have not taken the opportunity to give a donation in memory of your child please consider taking this time to give a gift that will help reach out to other newly bereaved parents.

We must have your written permission on file to use your child's name and/or picture in the newsletter, Web site, Candle Lighting Ceremony or any other TCF event. Permission may be withdrawn at any time by written request. This information is used to maintain our Chapter Database. It is confidential and is only utilized for Chapter activities such as the newsletter.

(Signature) Date: _____

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



"I don't think you ever stop giving. I really don't. I think it's an on-going process. And it's not just about being able to write a check. It's being able to touch somebody's life." —Oprah Winfrey



THE COMPASSIONATE FRIENDS®

P.O. Box 9714
Tyler, Texas 75711



We need not walk alone.



www.TylerTCF.org

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