



Volume 13, Issue 12

Tyler, Texas

December 2012

Monthly Group Meeting Tyler Area Meeting

Monday, Dec. 17, 6:30 p.m.
3600 Old Bullard Rd., Bldg. 1,
Ste. 101B, Tyler
Jacksonville Meeting
Tuesday, Dec. 4, 6:30 p.m.
Sam Smith's office, 1401 E. Rusk
Lufkin/Nacogdoches Area Meeting
Thursday, Dec. 20, 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 Otteson

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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Annual Candle Lighting Ceremony

TCF Annual Candle Lighting Ceremony: Our Annual Candle Lighting Ceremony will be Dec. 9, 2012 at Crossroads Community Church, 13730 Hwy 155 South, Tyler. (See announcements on page 4 and flier on page 7.)



Candles in the Night

A heart broken by the death of a child can never be healed. As parents we try every way that can be thought of to cope with the loss, but the void will always be there. At first that emptiness seems to take your breath away and most times we wish it would.

This becomes different with the passage of time. It never goes away, but at some point we learn to live with it, and in fact this horrible feeling becomes a lifeline of sorts. One of our biggest fears is to forget our children. Forget how they looked or how their voices sounded. The smiles and tears that blur together to make a child. This emptiness in effect becomes a constant yearning to remember our children.

Our hearts force us to find ways to fill that void to maintain our role as parents. Some are as simple as visiting the cemetery and some are as complex as changing our entire lives, dedicated to the memory of our child. In between are the many rituals we create or borrow from others to honor the memories and to keep our child's name alive.

Lighting a candle and saying a child's name keeps their memory burning bright. It means we are struggling to cope with this unwanted role of bereaved parent in the only positive manner we can. We will most certainly shed tears every time and we will still miss our child, but we are doing something that allows the world to hear our child's name and for that one moment the candle means so much more than anyone else could ever understand.

For a fleeting second that is our universe and every memory we have comes flooding back to us as we see the flame through tears, distorting it into something magical. It's the only gift we can give our children. This is as close as we can get to our child now. A tiny, flickering flame that can warm the heart and it's nice to think that perhaps they can see it also. It's a beacon, our light in the window, our shining star in the darkness. It's an opening of our hearts and a way to share our grief.

We gather to honor the memories of our children and to share this bond of lighting a candle for the children all over the world. We miss them so much.

Jim Lowery ~ TCF, Sugar Land/SW Houston Chapter



We are selling T-shirts for our Annual Candle Lighting. The back side includes the following quote: "Who then can so softly bind up the wound of another as he who has felt the same wound himself?" –Thomas Jefferson

Small, Medium and Large shirts are \$20 each and XXL are \$22 each.

Please send us an email at info@tylertcf.org to place your order.

You may pick up your shirt at the Candle Lighting or at a monthly meeting.

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.

"As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being." —Carl Jung

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."

Chanukah

At this season of life, we remember the light you brought into our lives:

The light of your laughter
The light of your wit and intelligence
The light of your love

May the time not be distant when the memory of these lights will illumine our hearts and minds and eradicate the darkness therein.

Stephanie Hesse, TCF Rockland County, NY

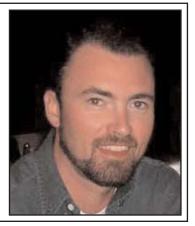
Our condolences to Pat, Danny & Stephen Settle on the loss of Pat's mother, Joyce Stewart.

This month's printing of our newsletter sponsored by Martha Lewis

In loving memory of

Burke Lewis
12-20-75 ~ 11-14-09

Son of Martha Lewis



This month's printing of our newsletter sponsored by Juanita Blake & Misty Minter.

In loving memory of

Donna Morales

5-8-96 ~ 5-14-01

Granddaughter &

Daughter of Juanita

Blake & Misty Minter



Call (903) 258-2547 to sponsor a monthly newsletter.



Love Gifts



Mr. & Mrs. Jim Crawford in memory of Jared Sheets

Danny, Pat & Stephen Settle in memory of Stephanie

Danny, Pat & Stephen Settle in memory of Jake Schoonover

Mona Anderson in memory of T.J.

C.M. & Nelda Crawford, Paul Sapaugh, Doris Paar, Juanita Blake, Sam Smith, Lisa Schoonover, Vegie Darden and Mark & Beth Massey in memory of Joyce Stewart, friend of TCF of Tyler, mother of Pat Settle and grandmother of Stephen & Stephanie Settle

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
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 email text and photos to: info@TylerTCF.org; We reserve the right to edit for space and/or content.

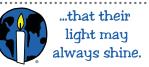
Deadline for submissions is the 5th of each month. TCF Chapters may copy articles from this publication provided credit is given to the author and the original source. Errors and Omissions: Please notify us if any of your information is incorrect.

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 infor-

Announcements

Our first tree planting will be held on Dec. 1, 2012 at 10 a.m. The location is South Tyler Trails, beside the American Red Cross Building located at 320 E Rieck Rd., Tyler TX. The first tree will be a Chinese Pistache tree. The city will prepare the site and TCF members will plant the tree. All TCF members are encouraged to attend and help plant the tree in memory of our children. (See page 7 for more info.)

TCF Annual Candle Lighting Ceremony: Our Annual Candle Lighting Ceremony will be Dec. 9, 2012 at



Light a candle for all children who have died.

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

y will be Dec. 9, 2012 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 will be collected at the Candle Lighting. Please remember to collect canned

goods and bring them that evening. If you would like to help with the Candle Lighting set up, take down and anything in between, please call the TCF line at 903-258-2547. 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. Thank you!

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.touchedbysuicideeasttexas.org.

"This Winter of your life will pass, as all seasons do. Stay in your season of Winterness as long as need be, for everything you feel is appropriate. There is no right way to grieve. There is just your way. It will take as long as it takes." -Rusty Berkus, from To Heal Again

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December Birthdays



Jonathan Reynolds 12-14-98 ~ 11-16-02 Son of Addison & Debra Reynolds



Erica Smith 12-21-88 ~ 10-25-03 Daughter of Todd & Sabrina Thoene



Graham Gill 2-19-84 ~ 7-25-10 Son of Pat Gill



Zackery Browne 12-14-89 ~ 4-13-02 Son of Timothy & Kay Browne



Heath Hopson 12-8-87 ~ 4-23-01 Son of Karen Hopson



Reneé Seale 12-21-63 ~ 7-13-90 Daughter of Lana Kay Taylor



Dex Bailey McLean 12-18-87 ~ 7-4-08 Son of Charles & Chanda McLean



Daniel Anderson 12-27-79 ~ 5-15-95 Son of Kerry & Cheryl Anderson



Christopher John Fisher 12-18-82 ~ 6-22-03 Grandson of Grace & Tom Fisher



Adam Knott 12-29-79 ~ 3-20-03 Son of Bobby & Virginia Knott



Stephanie Settle 12-22-81 ~ 5-27-98 Daughter of Danny & Pat Settle



Salvador Estrada 12-11-79 ~ 11-3-01 Son of Charlotte Estrada



Phillip Kuhn 12-28-73 ~ 3-27-03 Son of Carolyn Kuhn



Jessica Noelle Kirkpatrick Jeremy Simpson Brown 12-30-95 ~ 12-30-95 Daughter of Barry & Christel Kirkpatrick



12-27-77 ~ 12-12-04 Son of Shari Brown



Tiffany Johnston 12-29-81 ~ 2-20-98 Daughter of Sherrel & Greg Smith



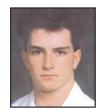
Ryszard Spakovsky 12-2-80 ~ 2-20-98 Son of Sherrel & Greg Smith



Alexander Fleming 12-4-89 ~ 5-8-07 Son of Amy Fleming



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



Brandon Weatherly 12-14-72 ~ 5-20-95 Son of Ike & Diane Weatherly



Sarah Harvey 12-12-89 ~ 4-26-04 Daughter of Brian Harvey & Lisa Kirley



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



Ashley McCaa 12-22-82 ~ 1-2-00 Daughter of Pat McCaa



Taylor Davis 12-31-85 ~ 1-21-06 Son of Diane Ecker



Cory Blackmon 12-31-77 ~ 3-13-89 Grandson of Charles & Billie Bridges

We need not walk alone.

"I do not believe that sheer suffering teaches. If suffering alone taught, all the world would be wise, since everyone suffers. To suffering must be added mourning, understanding, patience, love, openness and the willingness to remain vulnerable." —Anne Morrow Lindbergh

December Birthdays



Lindsey LeMon 12-20-93 ~ 4-27-10 Daughter of Lisa LeMon



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



Burke Warren Lewis 12-20-75 ~ 11-14-09 Son of Martha Lewis



David LaTrell Milton 12/28/1987 ~ 01/20/2008 Son of Bernice Milton



A.J. Frazier 12-29-05 ~ 9-18-09 Son of Leslee Frazier



Lauren Campbell 12-30-91 ~ 1-1-10 Daughter of Mark & Kathy Campbell



Logan Alexander 12-9-94 ~ 1-30-95 Son of Joyce Horton



Tamy Land 12-25-65 ~ 12-23-10 Daughter of Dot Land



Stephen Townsend 12/13/1973 ~ 09/13/2004 Son of Linda Townsend



Tim Fry 12-19-57 ~ 12-19-00



Carmen Leanna Jenkins 12-2-97 ~ 12-20-08 Daughter of Ellen Jenkins

December Anniversaries



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



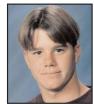
Christopher Loper 4-28-94 ~ 12-21-00 Son of Tina Loper



Felicia Hobbs 7-19-61 ~ 12-1-09 Daughter of Muriel Rogers



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



James Fincke 7-15-80 ~ 12-25-99 Son of Sara Fincke



Cheryl Graebner Cook 4-25-73 ~ 12-10-02 Daughter of Connie Graebner



Jocelyn McCormick 1-11-04 ~ 12-7-04 Granddaughter of June McCormick



Karen Lowe 2-13-59 ~ 12-5-09 Daughter of Muriel Rogers



Mike Loughmiller 11-14-62 ~ 12-6-07 Son of Suzanne Loughmiller



Jessica Noelle Kirkpatrick 12-30-95 ~ 12-30-95 Daughter of Barry & Christel Kirkpatrick



Lee Sammons 9-4-56 ~ 12-10-05 Son of Martin & Martha Sammons



Theresa Kay Talley 9-16-78 ~ 12-20-05 Daughter of W.A. & Kuby Talley



Kelly Ann Campbell 6-27-75 ~ 12-4-97 Daughter of King & Angle Campbell



Margie Starkey 4-30-57 ~ 12-3-07 Daughter of Bettie Abbie



Jeremy England 6-7-87 ~ 12-25-05 Son of Sandra & Roger Perry

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

December Anniversaries



Matt Thomas Crooks 4-17-78 ~ 12-24-03 Son of Sylvia Crooks



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



Jeremy Simpson Brown 12-27-77 ~ 12-12-04 Son of Shari Brown



Jake Higgins 6-29-77 ~ 12-4-03 Son of Donna & Joel Griffin



Whitni Danielle Ray 11-16-86 ~ 12-22-04 Daughter of Rachelle Threadgill Brooks



Tamy Land 12-25-65 ~ 12-23-10 Daughter of Dot Land



Ashton Wayne Yates 7-9-91 ~ 12-6-10 Son of Kim Yates



Alfred Donnell Guthrie, III 6-7-66 ~ 12-9-11 Son of Rosa Howard



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



Tim Fry 12-19-57 ~ 12-19-00



Carmen Leanna Jenkins 12-2-97 ~ 12-20-08 Daughter of Ellen Jenkins

As We Near the Special Season

As we near the special season that stirs up feelings of heritage, patriotism, thanksgiving, and our relationship with God, we are instantly reminded that it doesn't seem to fit together for us; our personal sense of well-being is suffering. Our hearts and spirits are undergoing the trauma of painfully fresh wounds in some cases, while others are coping with the scar tissue of older grief that refuses to heal or restore comfort to their lives. This season reminds me we are living with extra stress that must be resolved. I offer a few thoughts to each of you, along with my love, in hope that feelings of peace and purpose will return to bring you comfort.

First, be careful in agreeing to take on the traditional extra work that goes with holidays. You are coping with grief that will take much of your usable energy.

Second, be especially kind and patient with yourself. The need for physiological rest is vital at this time; regular sleep and rest hours will help.

Third, be aware that holidays and alcohol have become traditional companions; extra caution may be necessary to prevent the depressant effects of alcohol from further aggravating your grief anxiety.

Fourth, it's okay to change past practices that are especially painful reminders of what can be no more; do something different if you have to.

Finally, allow yourself private time as you need to, but also remember it's important to allow others to try to bring you comfort and give you extra help during the holidays. Loved ones need feedback that says: "I'm trying to recover, and I appreciate your help." Peace be with you.

Ann Frost, TCF, Middle Georgia Chapter



The Compassionate Friends Worldwide Candle Lighting

Come be part of the Candle Lighting Service.

For 24 hours straight candles stay lit in every time zone around the globe for one hour to remember our NOT FORGOTTEN children. Please mark this day on your calendars.

All family members and friends are welcome.

Light a candle in memory of all children who have died.

Sunday, December 9, 2012 at 6:30 p.m. Crossroads Community Church, 13730 Hwy. 155 S., Tyler, TX

Call The Compassionate Friends at 903-258-2547 or email info@TylerTCF.org for information or to have your child's picture added to the slide presentation. Candles are provided. Visit our website for additional information at www.TylerTCF.org.



...that their light may always shine.

Light a candle for all children who have died.

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

www.TylerTCF.org • 903-258-2547



"You may give them your love but not your thoughts. For they have their own thoughts. You may house their bodies but not their souls. For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams."

—Kahlil Gibran

A Christmas Story

When I was just a little girl Around the age of three I remember a Christmas When Santa came to see me

A doll wrapped up
In a pretty bright red bow
Long golden hair to stroke
Oh my, how my heart glowed

And then came a Christmas
Later on in time
When I shared my first Christmas
With a son that was all mine

A few years later down the road When he was only five I didn't know it would be The last Christmas in my life

Now on Christmas As many in all these years I spend my days at a grave Shedding many tears

The Holidays come every year That, I cannot change But through all my memories My memories I can rearrange

I can remember all the good years
That he and I had shared
I can still here the giggles
When he got that talking teddy bear

I can remember the hugs and squeals of "OH MOM"

As each gift he opened on that day
I can sit back and smile remembering
Before the angels took him away

Now I am older than I once used to be But my mind drifts back To what once was on Christmas When my son was on earth with me

I tuck my head to fight the snow As I wade through the fenced in graves I've got my gift to give to him On this years' Christmas Day

Sharon Bryant
In Memory of my son, Andrew Frank Dunbar
(Permission for TCF chapters
to reprint granted by the author)

Candles in the Night

Candles flame in darkness, flicker, steadily glow. bringing light from shadows and help to soothe me so. My daughter, like the candles, gave my life true light. I use the candle's beacon to connect us in the night. As I light the candles, my wish and my request is that she'll see my signal and know my love's expressed. As her light joins my lights, our worlds touch and flame. As I snuff out the candles, I softly say her name.

Genesse Bourdeau Gentry from Stars in the Deepest - After the Death of a Child

First Christmas

It can't possibly be Christmas without her being here.

Yet the world is singing round me, joyful tidings and good cheer.

Though I try to put on armor and brave the sights and sounds, a few moments worth of shopping, and the tears are spilling down.

I pray for strength to do it, find a path through holidays, look for shortcuts, good ideas, some directions through the maze.

Then I find at last the answer:
I'll include her symbolically.
And the giving becomes perfect;
her love's flowing down, through me.

Genesse Bourdeau Gentry from Stars in the Deepest - After the Death of a Child

We hope you'll join us for the 2012 Candle Lighting in December. See page 3 for information.

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:	e: Relationship:			
Birth Date:	Death Date:	Cause	of Death:	
Address:				
City:		State:	Zip:	
Home Telephone:				
E-mail:				
Please check any of follow	ing that apply.			
☐ Please continue sending	the newsletter.			
☐ No thank you, I'd prefer	to stop receiving the newsletter. (N	lewsletters are posted mo	onthly on our Web site.)	
☐ Please include my child	's name and picture in the slide pres	entation at the Candle Li	ghting Ceremony.	
☐ Please include my child	's picture and information on the TC	CF Tyler Web site. (www	.TylerTCF.org)	
☐ I am enclosing a memor	ial to support The Compassionate F	riends in the amount of_		
□ In mamory of			Please make check payable to TCF	
-	TCF Newsletter Butterfly Relea			
The continuation of this ch	•	If you have not taken the	opportunity to give a donation in mem-	
Lighting Ceremony or any	1	e withdrawn at any time	by written request. This information is er activities such as the newsletter.	
			Date:	
(Signature)				

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

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"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*



P.O. Box 9714 Tyler, Texas 75711





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