



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 16, Issue 2

Tyler, Texas

February 2015

Monthly Group Meeting

Tyler Area Meeting

3rd Monday of Each Month
1901 Rickety Ln., Tyler

Contact

Phone: (903) 258-2547

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

Chapter LeaderTina Loper
SecretaryPat Settle
Newsletter/Web SiteMary Lingle
Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: Pat Settle, Sam Smith, David & Teresa Terrell, Carol Johnson, Mary Lingle, Lisa Schoonover, Cheri Zucca, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, Margaret Hall, Robin Mitchell, Jancy Lovelace, Stuart Gilpin, MaryAnn Girard, Trisha Mann Taylor

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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Butterfly Release

Butterflies will be released in memory of all our children at the 2015 Compassionate Friends Butterfly Release set for Saturday, May 16 at 1:00 p.m. The setting for this uplifting and peaceful event will be the Sharon Shrine Temple located on Highway 31 East.

Live butterflies are for sale for \$10 each and must be reserved in plenty of time for ordering. Please send your check and reservation information to TCF at P.O. Box 9714, Tyler, Texas 75711. Reserved butterflies will be picked up for release the day of the event.

Colorful solid-painted wooden butterflies will be sold for \$20 each at the Butterfly Release; we are not taking special orders for personalized butterflies this year.

Silent auction items are being collected. If something catches your eye that you think those attending would enjoy bidding on, please consider donating. For donation information, please email us at info@tylertcf.org.

The Butterfly Release begins at 1 p.m. that Saturday but volunteers are needed and welcomed for either set-up work the Friday evening before, or beginning at 8 a.m. Saturday the day of the release. Please contact us at 903-258-2547 if you want to volunteer.

Enjoying refreshments and visiting with TCF friends and family after the butterflies are released is a special part of the day. If you would like to donate any finger food—cookies, chips/dips, small sandwiches, pickles, olives, cheese cubes, fruit chunks or veggies—any of your special favorites—please contact Carol Thompson at 903-539-0458! Cake will be served and bottled iced water will be available.

We look forward to seeing old friends and meeting new ones at the Butterfly Release! Your presence means everything to this very special event!

See page 6 for information about sponsoring a sign with your child's name on it.

Photos from a Previous Butterfly Release



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.

“He that conceals his grief finds no remedy for it.”
—Turkish Proverb

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**

Children Are A Gift Foundation: www.childrenareagift.com

GriefShare: www.griefshare.org

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

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

The Hospice of East Texas: www.hospiceofeasttexas.org

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

Survivors of Suicide: www.allianceofhope.org

Samaritan Counseling of Tyler: www.scctyler.org

Tyler Counseling & Assessment, LLP: www.tyler-counseling.com

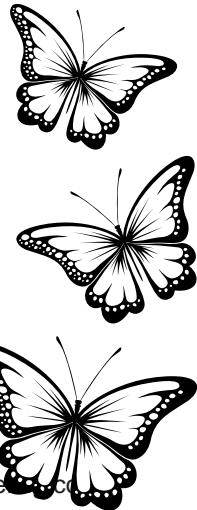
Angel Layettes brings comfort to families grieving over the loss of an infant from miscarriage, stillbirth or death shortly after birth, and honor and dignity to the memory of the precious baby. Angel Layettes provides without charge custom designed burial layettes and keepsakes.
www.angellayettes.org • 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.



Join us for dinner at the
Jalapeño Tree on the Loop in Tyler.

We will meet every 4th Tuesday of the month at 6 p.m.



We need not walk alone.

“Give me strength to break out of the cocoon of my grief. But may I never forget it is the place where I grew my wings, becoming a new person because of my loss.” —Janice H.

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 on their Birthday and Anniversary dates.)

- Victor & Margie Newman in memory of Jeremy - rent
- Merri Walsh in memory of Chris O'Leary - rent
- Martha Lewis in memory of Burke - rent
- Carol Thompson in memory of Sarah - rent
- Carol & Shane Johnson in memory of Jared Sheets - rent
- Danny & Pat Settle in memory of Stephanie - rent
- Claudette Brown in memory of Terry Wayne - rent
- Sue Roberts in memory of Jake Schoonover - rent
- Dale & Phyllis Cavazos in memory of Chad - newsletter
- Tina, Johnathan & Heather Loper in memory of Christopher - TCF Phone
- David & Teresa Terrell in memory of Andy - use of a storage building

See more love gifts on page 6.



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: 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 903-258-2547. 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 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

Save the date! The 38th National Compassionate Friends Conference will be July 10-12, 2015 in Dallas.

Announcements

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 1901 Rickety Lane in Tyler. For more information, please call 903-258-2547.

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.

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 Carol King at carol.king@madd.org.

Looking forward: Dallas will host the Compassionate Friends National Conference in 2015. Our regional coordinators, Joan and Bill Campbell, are looking for volunteers who would like to help with this event. You can contact Joan and Bill at 972-935-0673 to let them know of your interest in participating. They are planning a great two-day conference and welcome help from all Texas chapters. This is a great opportunity to help others who are grieving and grow through your own grief as well! You can check the national Compassionate Friends website www.compassionatefriends.org for conference event planning details.

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.

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.

"But eventually we must seek balance, finds ways of coping with our soul-shattering loss and ground ourselves in our new reality. The Compassionate Friends has done all of that for me. But, I had to take the first step." —Annette Mennen Baldwin

February Birthdays



Justin Clakley



Michelle "Missy" Green



Craig Howell



Jayson La'Drake Austin



Dylan Corey



Colleen Herriage



Caleb Scott Jones



Shane McDade



Jason Brown



Christopher Bullock



Walter Dale "Skipper" Winningham



Kody Maner



Sean Smith



Mary Jennifer Stone



Alexandria Conway



Justin Goodman



Chasen Sean Shirley



Cynthia Harper



John Andy Terrell



Cheryl Heardt



Robert Ryan White



Ty Foster Mabry



Jeremiah Barker



T.J. Anderson



Ijuan Deshaun Simms



Candice Lingle



Karen Lowe



Scarlet Lynne Smith



James Arthur Jenkins



Roger Lee Rush



David Matthew (Matt) Morris



Natalie Whitehead



Steve Short



James Snyman



Kayla Denise Wager



Caleb Cecil Luther



We need not walk alone.

"Does it help to know that if we didn't love so very much, it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I'm very glad I loved." —Darcie D. Sims

February Birthdays Cont.



Aceyn Richards



Candace Beggs



Justin McIntyre



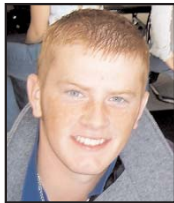
Jessica Spence

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

February Anniversaries



Josh Chambers



Austin Dixon



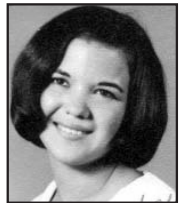
Lori Campbell



Cheryl Heerd



Richard Heerd



Jackie Heerd



Ryszard Spakovsky



Tiffany Johnston



Darell Bolton



Andrea Young



Austin Arvizo



Brandon Krpec



Michael Schmidt



James Brady Langston



Jasmine Dezereah Pruitt



Chance Aaron Chandler



Roger Lee Rush



Carly Smith



John Wallace



Adam Thomas Pritchard



Jayson La'Drake Austin



Karrie Voyles



Craig Howell



Joel Tucker



Shelby Williams



Lucy Beerline



Kaleb Mize





We need not walk alone.

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

To sponsor a Butterfly Release Sign with your child's name on it there will be a one-time fee of \$60 per sign. If you want the sign with your child's name placed at a particular business or location, written permission must be obtained by you from that business and sent to the TCF office to keep on file. The sign will be placed at that location about a month prior to the release and taken down the week after by a representative of TCF and remain the property of TCF Tyler to reuse yearly.

Make checks payable to Tyler TCF and in the memo location please note who the sign(s) is for.

The Compassionate Friend's of Tyler
Butterfly Release



Release a butterfly for all children who have died.

3rd Saturday in May

www.TylerTCF.org • 903-258-2547

In Loving Memory of

STEPHANIE SETTLE

Butterfly Release Sign Sponsors

Deadline to order Butterfly Release sign is May 1.

Don & Leslie Dixon for Austin
Jim & Cheri Zucca for Leah
Tina Loper for Christopher
Danny & Pat Settle for Steph
Sam Smith for Stacey
Margie & Victor Newman for Jeremy
Charlotte Nelson for Wade
Melissa Love for Payton
Carol Thompson for Sarah

Lana Kaye Taylor for Reneé Seale
Marlena Howerton for Alyssa
Lee & Barbara Barton for Lindsey
Carol Johnson for Jared
Mary Delaney for Ryan
Linda Porter for Seth
Lisa Schoonover for Jake
Trish Taylor for Alex Conway

Hope Shines Bright Deep In The Heart

Looking forward: Dallas will host the Compassionate Friends National Conference in 2015. Our regional coordinators, Joan and Bill Campbell, are looking for volunteers who would like to help with this event. You can contact Joan and Bill at 972-935-0673 to let them know of your interest in participating. They are planning a great two day conference and welcome help from all Texas chapters. This is a great opportunity to help others who are grieving and grow through your own grief as well! You can check the national Compassionate Friends website at www.compassionatefriends.org for conference event planning details.





We need not walk alone.

“No matter what loss it is that you are grieving—remember—you are not alone.”
—Anonymous

Love Letter to My Compassionate Friends

This is my love letter to you on Valentine's Day. When Sarah died I thought my heart would never again feel anything except pain. I was so overwhelmed with grief. My thoughts and feelings were only on my own tragedy. And then I met you.

You shared your sorrow and your tears with me. I learned of your loss, your life, your children now gone. And my heart was broken for you—my weary heart, that I thought would never care about anyone else ever again.

When you shared the hurting, vulnerable, intimate core of yourself with me, my heart was revived. When you trusted me to know your precious child and your bruised love for this one who was the delight of your heart, my exhausted soul was encouraged. Your words comfort me. Your hugs strengthen me. Your tears quench my thirst.

As I see you heal, I know that I also become whole again. When I hear you laugh, I trust that lightness will one day return to my heart. Thank you for being my compassionate friend. I love you.

Linda M., TCF Medford, OR

The Healing Power of Love & Grace ~ from Woundedness to a New Wholeness

The healing process is just that—a process. And if we give ourselves permission to fully experience that process, intense emotions and all, we may open a pathway for love and grace to enter our 'fractured hearts' and to create the hope and possibility of reconnecting our inner world. That reconnection may give us the courage to move forward from our woundedness to a new and different level of wholeness—a wholeness that allows us to go out into the world and be the instruments of love and light we are all destined to be.

Deb Lee Gould, Director, FOD Family Support Group (Excerpt from www.FODSupport.org/loveandgrace.htm)

Austin Dixon

**In loving memory
of Austin.**

Don & Leslie Dixon



**This month's printing of our newsletter sponsored by Don & Leslie Dixon.
Call (903) 258-2547 to sponsor a monthly newsletter.**





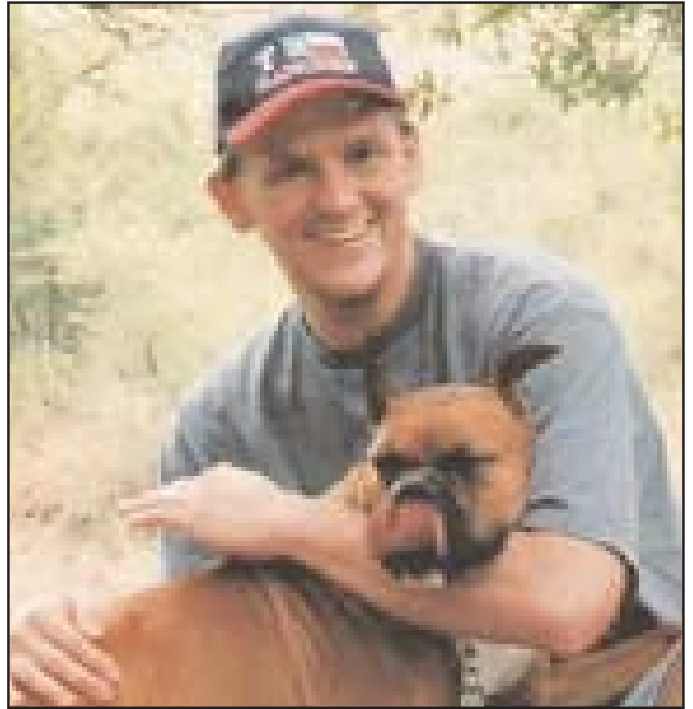
We need not walk alone.

"Death plays no favorites it seems. We are all vulnerable, and most losses hurt to the core of our being." —Anonymous

Andy Terrell

**In loving memory
of Andy.**

**David & Teresa
Terrell**



**This month's printing of our newsletter sponsored by David & Teresa Terrell.
Call (903) 258-2547 to sponsor a monthly newsletter.**

Candice Lingle

We love you best!

Mom & Erin



**This month's printing of our newsletter sponsored by Mary Lingle.
Call (903) 258-2547 to sponsor a monthly newsletter.**



We need not walk alone.

“And Compassionate Friends is just full of teachers. Do they have all the answers? Maybe not. But they are there for you, and sometimes, that’s what you need the most.” —*Sharon Peymon*

Are We Bitter? It’s Our Choice

Marilyn H., TCF Redlands, CA

A few years ago I received a phone call telling me that a drunk driver had killed my friend's husband. The caller said I should go to see my friend. My first thought was, I don't really know the widow all that well. I'm sure she will have lots of friends to help her. What if she doesn't want to see me? What if she thinks I'm intruding?

After some internal struggle, I went to my friend's home. As I walked in, everyone became quiet, and then a whisper sort of rippled around the room, "Marilyn is here!" I saw my friend sitting on the couch. She motioned for me to come sit by her, and she whispered, "I've been hoping you would come. I have so many questions and I think you can answer my questions." My friend and I talked so easily that I nearly forgot anyone else was in the room.

That day I realized that I had gained a position of credibility because I had experienced the death of three of my four sons. Had I asked for that credibility? Absolutely not! But I got it anyway. The only choice I had in the matter was what I was going to do with my experience. Anna Quindlan stated, "Our lives are defined by those we have lost." I read that quote years ago, and it stuck with me. So what does it mean?

I think it means that once we have walked through the terrible trauma of the death of our precious child our lives are changed forever. How our lives have changed is totally up to us.

Because our child died:

- We can be more sensitive to others.
- We can be more observant and notice when others seem to feel sad.
- We can show up quickly when someone dies.
- We can answer the question, "Am I going crazy?"
- We can help someone know it is normal to want to see their deceased child.
- We can sit and hold someone's hand when they are afraid.
- We can remember the death date of a child.
- We can let others know they needn't fear they might forget their child. It won't happen.
- We can be the one to remember special days of our bereaved friends.
- We can be the one to help empty out a deceased child's room.
- We can be the one to understand because: we are different.
- We have let our lives be defined positively by those we have lost.
- Here are the other choices.

Because our child died:

- We can choose to be insensitive.
- We can choose to be indifferent to other's pain.
- We can stay away when a tragedy happens to someone else.
- We can refuse to offer comfort.
- We can refuse to talk about our pain.
- We can cause others to feel uncomfortable and afraid to mention our child's name.
- We can allow our lives to be negatively defined by those we have lost.
- It's up to us. We can be bitter or better. It is our choice.

"Relevant to the paucity of English to describe certain terms, we have a name for a child who has lost a parent—*orphan*; *widow* describes a woman whose husband has died, and *widower* for the male counterpart. But there is no term to describe a parent who has lost a child—there are no words adequate for that pain." —*Author Unknown*





We need not walk alone.

"Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart." —*Evelyn B.*

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.

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

Irish Poem

I'd go with you if I could

Though I'm time worn

And spent with sorrow

I'd go with u if I could

And when you'd look at me with love

I'd shed my dress of despair

And blossom

A Valentine of Love

Author Unknown

As long as I can dream,
As long as I can think,
As long as I can have memory...
I will love you.

As long as I have eyes to see
And ears to hear,
And lips to speak...
I will love you.

As long as I have a heart to feel,
A soul stirring within me,
An imagination to hold you...
I will love you.

As long as there is time,
As long as there is love,
As long as I have breath
To speak your name...
I will love you.

Because I love you more than anything in the world.

Death is nothing at all

I have only slipped away into the next room
I am I and you are you
Whatever we were to each other
That we are still
Call me by my old familiar name
Speak to me in the easy way you always used
Put no difference into your tone
Wear no forced air of solemnity or sorrow
Laugh as we always laughed
At the little jokes we always enjoyed together
Play, smile, think of me, pray for me
Let my name be ever the household word that it always was
Let it be spoken without effort
Without the ghost of a shadow in it
Life means all that it ever meant
It is the same as it ever was
There is absolute unbroken continuity
What is death but a negligible accident?
Why should I be out of mind
Because I am out of sight?
I am waiting for you for an interval
Somewhere very near
Just around the corner
All is well.
Nothing is past; nothing is lost
One brief moment and all will be as it was before
How we shall laugh at the trouble of parting
when we meet again!

*Canon Henry Scott-Holland, 1847-1918,
Canon of St Paul's Cathedral*

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



www.TylerTCF.org

Thanks to Skillern's Business Systems for printing our newsletter!

Skillern's Business Systems
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(903) 561-5591 • www.skillerns.com

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