



# THE COMPASSIONATE FRIENDS



*We need not walk alone.*

Volume 15, Issue 1

Tyler, Texas

January 2014

## Monthly Group Meeting Tyler Area Meeting

Monday, January 20, 6:30 p.m.  
**New Location!** 1901 Ricketty Ln., Tyler

### Contact

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Steering Committee: Pat Settle,  
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Taylor, Carol Thompson, Carol  
Johnson, Cheri Zucca, Don & Leslie  
Dixon, David & Teresa Terrell, Janet  
Majors, Lisa Schoonover, Margie  
Newman, Mary Ann Girard, Stuart  
Gilpin

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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## Reflections on a New Year

We begin a new year, one that many of us enter with reluctance. After all, it means another year away from our child and another year to be lived without the physical presence of the one we have lost. Apprehensive about any new challenges that we may be called upon to face in our broken condition, we call out, "Wait, I'm not ready yet!"

The death of our child changed the course of our life; nothing will be the same again. But it also has shaped us into who we are today. And it will continue to do so as we learn to incorporate this loss into who we are to become.

Have you found that you have already begun to live differently? Compassion toward others is more profound. Trivial things are no longer important. Appreciation for life, and those in our lives, is paramount. We're living the same life—differently.

Tragedies, disappointments, and heartaches combine with beauty, love, and joy to fashion our life. These are all a part of life, and our challenge is to incorporate them into our world. The difference that our child's life has had upon the world continues through us.

So, rather than being fearful of the challenges that lie ahead, perhaps a better question to consider at this time might be: What opportunities will present themselves in the coming year to honor this loss that is already a part of our life? Our child has become more integrally entwined into our being than ever before. We bring him or her to every situation that we encounter. How can we make that situation better because of this bond?

The start of a new calendar year is a good time to remember that we are in the midst of life. It is not perfect. Nor is it one that we might have chosen. But, our struggles do not put life "on hold." Rather they are a part of life itself! Our life is ours to make the most of, with many gifts that we can share with others. There is no better time than the present to gather up the pieces and recognize the uniqueness that we each call "me"—a uniqueness made more wonderful because of our child's presence in the life we choose to live.

*Paula Staisiunas Schultz, In Memory of Melissa and Jeff*

Author biography, 2002: Paula and her husband Bob live in Chicago, Illinois., where Paula serves as co-editor of the South Suburban Chapter newsletter. Their son, Jeff Schultz, is currently a student at St. Olaf College in Northfield, Minnesota. Their daughter, Melissa Schultz Cleaves, and her husband, Jeff Cleaves, had been married seven weeks when they died in a car accident on Thanksgiving weekend, 1999.

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**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 (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

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



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

**In loving memory of  
Donna Morales  
5-8-96 ~ 5-14-01  
Granddaughter of  
Juanita Blake &  
Daughter of  
Misty Minter**



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



*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



- Victor & Margie Newman in memory of Jeremy
- Bob & Han Moch in memory of Ava Faith Knight
- Sam & Kim Smith in memory of Stacey
- Bobby & Jean Gimble in memory of Cason
- Wanda Boyette in memory of Sheila Nolen
- King Campbell in memory of Kelly
- Sheila Steel in memory of Erika Reyes
- James & Dana Fry in memory of Alex Conway
- Trenda Trevino Simms in memory of Alex Conway



**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 in memory of Jared Sheets
- Doris Paar in memory of Sarah Thompson



**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
- David & Teresa Terrell in memory of Andy - use of a storage building

### Thanks to All Who Participated in the 2012 Candle Lighting Ceremony

**Our heartfelt appreciation to:**

- Crossroads Community Church
- Sam Smith Butterfly Ministries
- Scotty Garrison
- Brosang's Flowers in memory of Adrian Hampton
- Dianne Mann in memory of Alex Conway
- Dan Johnson
- Northland Cable
- NBC 56
- Tyler Paper
- Champions for Children
- Group M7

To all our volunteers and supporters we offer sincere appreciation for all you do.

### 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 Melissa at melissa.granberry@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](http://www.compassionatefriends.org) for conference event planning details.

### We Greatly Appreciate Our 2013 Newsletter Sponsors

- Martha Lewis in memory of Burke
- Charles & Chanda McLean and family in memory of Dex
- Lisa Schoonover in memory of Jake
- Carol Thomspson in memory of Sarah
- Lisa Schoonover in memory of Jake
- Steve & Linda Bynum in memory of Justin
- Mary Ann Girard in memory of Joe Maland
- Tommy & Joy Eubank in memory of Jonathan Eubank
- Tommy & Joy Eubank in memory of Jason Eubank
- Janet Majors in memory of Melissa
- Charles & Chanda McLean in memory of Dex
- Robert & Trisha Taylor in memory of Alex Conway
- Carol Thomspson in memory of Sarah
- Don & Leslie Dixon in memory of Austin
- Carol & Shane Johnson in memory of Jared Sheets
- Merri Walsh in memory of Chris O’Leary
- Martha Lewis in memory of Burke
- Tina Loper in memory of Christopher
- David & Teresa Terrell in memory of Andy
- Sam Smith in memory of Stacey
- Dale & Phyllis Cavazos in memory of Chad
- Claudette Brown in memory of Terry Wayne





*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

### January Birthdays



**Joshua Paul Renaud**  
1-18-86 ~ 6-9-06  
Son of Christi Renaud McMillan



**Sarah Thompson**  
1-3-81 ~ 9-8-05  
Daughter of Ted & Carol Thompson



**Carolyn Love**  
1-4-38 ~ 11-25-06  
Mom of Kathy Robertson



**Hailey Rose Martin**  
1-14-07 ~ 1-14-07  
Daughter of Sandi Curran



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



**Alexander Johnson**  
1-5-06 ~ 10-30-08  
Son of Candice Johnson



**Michael Rucker**  
1-18-93 ~ 6-1-02  
Son of Brandy Rucker Pearson; Grandson of Shelba Putman



**Amber Glasco**  
1-30-91 ~ 6-15-05  
Daughter of Chris & Julie Glasco



**Erika Stafford**  
1-4-79 ~ 11-10-05  
Daughter of Marilyn Stafford



**Callie Ann Graul**  
1-29-92 ~ 1-31-13  
Daughter of Dale & Lisa Green



**Benjamin Gilpin**  
1-25-98 ~ 1-13-10  
Son of Stuart & Mary Gilpin



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



**Jonathan Sanders**  
1-4-87 ~ 9-8-06  
Son of Lisa Dunford & Donald Sanders; Grd-son of Dorothy Rawlinson



**Brooke Wallace**  
1-16-81 ~ 11-24-98  
Daughter of Charles & Tammy Wallace



**Travis Carpenter**  
1-21-74 ~ 1-25-06  
Son of Glenna & Troy Nicolls



**Matthew Skinner**  
1-5-66 ~ 8-13-09  
Son of Kay Skinner



**Jacob Mikel Burrell**  
1-16-96 ~ 10-5-11  
Son of Jamie Johnson



**Tripp Barton**  
1-18-08 ~ 4-6-11  
Son of Jenifer Barton



**John Kluepper**  
1-29-87 ~ 8-8-12  
Son of Tisa Rushing



**Kimberly Pryor**  
1-2-73 ~ 5-30-07  
Daughter of Jerry & Judy Olson



**Kelynn J'Davion Pinson**  
1-23-06 ~ 6-1-08  
Son of Kelvin Arterberry



**Daron Adam Lee**  
1-10-88 ~ 1-1-08  
Son of Daron & Lisa Lee



**Janet Florey**  
1-7-79 ~ 12-28-11  
Daughter of Peggy Cooper



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



**Tyler Roberts**  
1-6-97 ~ 3-7-08  
Son of Peggy Cunningham



**James E. Abbie, Jr.**  
1-31-60 ~ 7-15-91  
Son of Bettie Abbie



**Amanda Michelle Valadez**  
1-29-82 ~ 3-16-10  
Daughter of Charlene & Tony Spivey



**Andy Hall**  
1-19-66 ~ 4-8-12  
Son of Billy & Sue Hall



**Daryn Keith Selman**  
1-19-92 ~ 9-27-12  
Son of Shannon & Rebecca Selman



**Leo Cook**  
1-20-89 ~ 3-12-06  
Cecil & Cindy Cook



*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*

### January Birthdays Cont.



**Dylan Prichard**  
1-9-96 ~ 3-28-11  
Son of Robert Prichard Jr



**Martha Allen**  
1-12-53 ~ 12-13-07  
Daughter of Dorothy Allen



**Patrick Pinkerton**  
1-18-67 ~ 5-17-09  
Son of Miriam Pinkerton



**Glenn Ray Hawkins**  
1-26-76 ~ 7-2-12  
Son of Jannie Bryant



**Derek Miller**  
1-26-84 ~ 5-14-04  
Son of Mark Miller

### January Anniversaries



**Brittany Butler**  
10-4-84 ~ 1-21-01  
Daughter of Shelly Butler



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



**Bonnie Lee Benson**  
10-28-68 ~ 1-23-11  
Daughter of Cheri Oswalt



**Jason Brown**  
2-7-69 ~ 1-7-03  
Son of Pam Pickett



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



**Jana Lauren Shearer**  
3-26-86 ~ 1-5-08  
Daughter of Stephanie Shearer



**Dylan Corey**  
2-21-97 ~ 1-24-01  
Son of Christy Corey



**Michelle "Missy" Green**  
2-09-69 ~ 1-30-93  
Daughter of Elena Glasscock



**David LaTrell Milton**  
12-28-87 ~ 1-20-08  
Son of Bernice Milton



**Makenzie Shyanne Morehead**  
3-7-02 ~ 1-11-06  
Daughter of Brian & Sheila Morehead



**Benjamin Gilpin**  
1-25-98 ~ 1-13-10  
Son of Stuart & Mary Gilpin



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



**Michael R. Peymon**  
9-18-79 ~ 1-2-06  
Son of Tom & Sharon Peymon



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



**Blake Alexander King**  
5-14-63 ~ 1-6-94  
Son of DeeAnn Seawright



**Haylee Lee**  
11-23 ~ 1-23-02



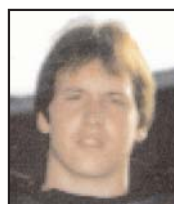
**Danielle Celeste Yura**  
3-22-89 ~ 1-15-08  
Daughter of Susie Hughes Fincher



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



**Daron Adam Lee**  
1-10-88 ~ 1-1-08  
Son of Daron & Lisa Lee



**Christopher Baggett**  
4-23-69 ~ 1-8-89  
Son of Anita Demby



**Charles "Bryan" Meadows**  
3-18-80 ~ 1-19-03  
Son of Charles & Lynda Meadows



**Mary Adams**  
11-28 ~ 1-28-06  
Daughter of Vicki Adams



**Susie Gorman**  
10-9-51 ~ 1-14-07  
Spouse of Onie Gorman



**Betsi Marie Wyatt**  
9-4-02 ~ 1-3-08  
Daughter of Ricky & Linda Wyatt

*Continued on next page*





*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*

## January Anniversaries Continued



**Rusty Welch**  
11-29-57 ~ 1-1-67  
Son of Martha Welch Brookshire



**Jeremy Newman**  
4-15-80 ~ 1-10-02  
Son of Victor & Margie Newman



**Clayton Norton**  
10-17-75 ~ 1-1-76  
Son of Ronnie & Dottie Norton



**Gaaron Hicks**  
11-8-91 ~ 1-6-09  
Son of Diane Richardson



**Shellae Vicknair**  
10-13-82 ~ 1-18-09  
Daughter of Vera Vicknair



**Loren Saunders**  
10-4-94 ~ 1-18-11  
Son of George Saunders



**Eric Branch**  
4-4-90 ~ 1-15-09  
Son of Richard & Tammi Branch



**Brytnie Leah Stithem**  
11-3-94 ~ 1-18-12  
Daughter of Gary & Tracy Stithem



**Derek Nolan Simoneaux**  
4-7-86 ~ 1-23-12  
Son of Carolyn Jo Simoneaux



**Haven Grace Davis**  
8-4-08 ~ 1-24-12  
Daughter of Brandon & Lacy Davis



**Travis Carpenter**  
1-21-74 ~ 1-25-06  
Son of Glenna & Troy Nicolls



**Ryan Glasco**  
6-22-89 ~ 1-27-08  
Son of Jeff Glasco & Charlotte Pena



**Jonathan Russell Eubank**  
8-8-72 ~ 1-2-01  
Son of Tommy & Joy Eubank



**Hailey Rose Martin**  
1-14-07 ~ 1-14-07  
Daughter of Sandi Curran



**Caleb Cecil Luther**  
2-14-95 ~ 1-24-13  
Son of Cynthia Riley



**Callie Ann Graul**  
1-29-92 ~ 1-31-13  
Daughter of Dale & Lisa Green



## Despair and Hope

I find myself thinking a great deal about despair. I think about it often enough that I actually looked it up. It means "to lose hope."

I don't have a great deal of previous experience with despair. But now I belong to a new group. This group knows a great deal about despair. My previous group really didn't.

When I try to think of times I've felt despair before, it mostly takes me back to much younger days and failed romances. In the scheme of things, those problems (and others) no longer seem worthy of despair.

In our bereavement, I believe a big challenge is to cling to our hope...to hope that may be small and quiet and fragile.

Like Pandora, the figure in Greek mythology, as the world's unleashed trials and troubles swirl around us, we struggle to shut the lid on the box and preserve that one last potential comfort: hope. It's not easy.

*Peggi Johnson*  
TCF Arlington, VA





*We need not walk alone.*

“The risk of love is loss, and the price of loss is grief. But the pain of grief is only a shadow when compared with the pain of never risking love.”

—Hilary Stanton Zunin

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## A First Love for Eternity

Most moms remember their child's first love as a sweet child, maybe in kindergarten, who stole their heart for just a little while. I remember my son's first love: the Pontiac GTO. The first GTO was a model. Todd carefully assembled that model over a period of a few days one summer. Then, after an extensive search, he found the perfect teal color for the model. I still have that model on a special shelf. Each time I look at it, I marvel at the amount of time he dedicated to that one tiny car model.

When Todd was 16, he bought a 1967 blue GTO. He worked on it, touched up the paint, kept it in pristine condition. He loved that car. But this wasn't his true love. His true love was always a 1965 GTO.

He and I talked about how he would find a GTO to restore. I suggested buying the mailing list of GTO owners in southeast Texas and sending out a postcard which is exactly what Todd did. For a week he heard nothing. Then one afternoon, a gentleman from rural east Texas called him and asked if he was interested in his 1965 GTO. Todd and my husband were on the way to the man's home within an hour. Todd came home with a 1965 GTO that evening. And the restoration began.

For 12 years Todd invested any extra money he had in his GTO. The ground up restoration started the fall that he entered college. It ended three years after he finished graduate school. Piece by piece, part by part, Todd restored that beautiful car to its original glory. He was so very proud of the finished product. His dream had always been to show his 1965 GTO at Autorama which he did at Thanksgiving. He joined the Gulf Coast GTO Club, and participated in their events and always tried to show his car with them. He won second place in the National GTO show one year in Dallas. He won first place at Autorama in his class. He had so many trophies.....he would line them up for the car show displays in an ever growing row.

Life had moved on: a wife, four children, a new home, another new home and finally the home of his dreams which he built in a lovely neighborhood west of Austin, took a great deal of time. But he always made time for his GTO. He kept his GTO spotless and drove it occasionally. He died five years after he completed his GTO restoration.

Last weekend we changed the oil in Todd's GTO, and I turned the key to make sure all was right. When I heard the sound of the engine, I could sense Todd sitting right next to me, smiling that big, happy GTO smile. If Todd is ever with me, it is when I sit in his GTO and listen to those three deuces purr as I glide through the four speeds. Unbidden tears ran down my cheek as I gradually increased the RPGs and reached over to touch the seat where I could feel Todd's presence. I whispered, "I miss you so much, Todd." I could hear him say, "I miss you, too, Mom." Peace comes to us in our beautiful memories.

*Annette Mennen Baldwin*

*In memory of my son, Todd Mennen, TCF Katy, TX*

## Pictures

I set them out. I put them away—get them out and start to go through them filled with wonder that the daughter pictured there is no longer going to call or walk in the door or send a card filled with love and humor. Cards that brightened my day and made me laugh and always prompted me to call her and give her a big hug when she walked in the door.

Pictures. I get them out. I run my hand over her face lingering on her lips remembering “kissy face mom.” And suddenly overcome with grief pull that picture to me and I kiss her and tell her how much I love her and how very much I miss her—and then I look again, and see her eyes—eyes that sparkled and twinkled with mischief though at times filled with deep reflection. She was a sensitive intuitive young woman who possessed wisdom and insight much beyond her years. She “left us” when she was only 24.

Pictures. At times I hate them. They show me what I don't have. They bring back memories of a time when Jody was healthy and happy. A time when life with her was a joy. I am not yet to a place in my grief-healing where I can remember those times very well. I'm still filled with memories of her illness pain and death; and I'm still at the place that I want all of those horrible memories to be a bad dream, a dream that I will wake from hearing Jody's voice calling me to come outside so that we can take some... pictures.

*Patty Fallon ~ TCF, Central Oregon*





*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*

## **My Daughter's Friends**

The Christmas cards I mailed this year  
reminded my heart once again  
that nothing in our world stands still, unchanged.  
It seemed to me a very brave milestone  
those Christmas cards, hand-written and stamped.  
It may be that you share my sentiment  
and you will hear "Yes! I know!" from within.

My Daughter's Friends are different now.  
They have grown and changed and live full lives.  
Some have created the next generation  
with names like Foster and Birdie and Sloane.  
Some have a permanent grown-up residence  
and no longer share the address of their parents.  
Mill Grove Road. Thistle Drive. Desert Rose Cove.

Each card written brought heartwarming  
memories and a precious face to mind.  
I hoped as I wrote those cards  
that My Daughter's Friends will know  
I too am moving forward through life  
watching with them to see what comes next.  
That I think on their futures as well as the past.

And should they ever find and read  
this reflection from my heart,  
I pray that they will see that more  
than ever could have been before  
I love them for who and what they have become.  
I love them for themselves.  
Not only as My Daughter's Friends.

*Carol Thompson, TCF Tyler, TX  
Always Remembering Sarah  
December 2013*

## **The Peace of Wild Things**

When despair grows in me  
and I wake in the middle of the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting for their light. For a time  
I rest in the grace of the world, and am free.

*Wendell Berry*

## **Just for Today for Bereaved Parents**

By Vickie Tushingham

Just for today I will try to live through the next 24 hours and not  
expect to get over my child's death,  
but instead learn to live with it just one day at a time.

Just for today I will remember my child's life, not his death,  
and bask in the comfort of all those treasured days and  
moments we shares.

Just for today I will forgive all the family and friends who didn't  
help or comfort me the way I needed them to.  
They truly did not know how.

Just for today I will smile no matter how much I hurt on the  
inside, so that maybe my  
heart will soften and I will begin to heal.

Just for today I will reach out to comfort a relative or friend of my  
child, for they are hurting, too,  
and perhaps we can comfort each other.

Just for today I will free myself from my self-inflicted burden of  
guilt, for deep in my heart I know if there was anything in this  
world I could have done to save my child from death,  
I would have done it.

Just for today I will honor my child's memory by doing some-  
thing with another child because I know that  
would have made my own child proud.

Just for today I will offer my hand in friendship to another  
bereaved parent, for I do know how they feel.

Just for today when my heart feels like breaking, I will stop and  
remember that grief is the price we pay for loving, and the only  
reason I hurt is because I had the privilege of loving so much.

Just for today I will not compare myself with others. I am fortu-  
nate to be who I am and have had my child for as long as I did.

Just for today I will allow myself to be happy, for I know that I  
am not deserting my child by living on.

Just for today I will accept that I did not die when my child did,  
my life did go on, and I am the only one who can  
make that life worthwhile once more.





# 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](http://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



# THE COMPASSIONATE FRIENDS

P.O. Box 9714  
Tyler, Texas 75711



*We need not walk alone.*



[www.TylerTCF.org](http://www.TylerTCF.org)

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