



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 10, Issue 7

Tyler, Texas

July 2009

Monthly Group Meeting

Tyler Area Meeting

Monday, July 20, 6:30 p.m.
at Bridging The Gap on Hwy. 155 S.

Jacksonville Meeting

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

Contact

Phone: (903) 258-2547

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

Chapter LeaderTina Loper

Chapter Leader.....Pat Settle

Newsletter/Web SiteMary Lingle

Steering Committee:

Sam Smith, Carol Johnson,
Carol Thompson, Patricia Miller,
Charisse Smith, Mary Ann Girard,
Cheri Zucca, Mary Lingle,
David & Teresa Terrell

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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We Are The Compassionate Friends

We are The Compassionate Friends, a group that's like no other. Membership requires that you be a father, mother, grandfather, grandmother, brother or sister.

The other thing that we will share can rob our lives of fun. This sad and devastating thing is the death our son, daughter, grandson, granddaughter, brother or sister.

We are The Compassionate Friends. Unimaginable pain consumes our hearts. We share our grief with others like us who help urge our healing to start. We have a safe environment where no one will criticize or judge. This truly helps our traumatized hearts as day-by-day we trudge.

We are The Compassionate Friends, at different stages within our own grief. We share hugs and tears, silence and words, hoping to ease the pain beneath. Grieving is done in stages, steps that may not go in order at all. Sometimes we'll move forward then back again we'll fall.

We are The Compassionate Friends, healing grief at our individual pace. It's important to know it's a process and certainly not a race. Everyone grieves differently, some with outward signs so bold. Yet others are more private. Their grief inside they'll hold.

We are The Compassionate Friends, learning how the grieving process works. The only thing we all know for sure is this pain in our hearts really hurts. Some people say our pain will ease, with time, and to take it day-by-day. The pain may ease. But we all know it will never go away.

We are The Compassionate Friends. We have chapters all over the globe. We come from different backgrounds, and we may be young or we may be old. However, the goal we all share is similar because of our common bond. We need to cope with our shattered lives and somehow move beyond.

We are The Compassionate Friends; reaching out to each other in love. We share pain and joy and anger and peace, as we speak of our child above. We struggle together with doubts and with faith as we grieve and begin to grow.

Here is the most important point that we all really need to know; we are The Compassionate Friends, and we need not walk alone.

Barbara Stacy ~ In memory of her son, Quentin Mitchell Stacy

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.

"Grief is like a long, winding valley where any bend may reveal a totally new landscape." —C.S. Lewis

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."

Not Guilt, Regret

One of our basic responsibilities as parents is to keep our children from harm. So, when anything happens to them, we feel guilty whether we could realistically have done anything or not. When the ultimate tragedy occurs, we are devastated. How could we let it happen? Why didn't we stop it? If we have compounded our guilt with any degree of human error of commission or omission, we are beyond devastation. Even words, either of anger or left unspoken, haunt us.

Guilt implies intent. If we intended to harm our child, we can feel guilty of that. If we never intended harm to ever, ever come to our child, the correct name for our emotion is regret. The crushing pain is still there, but regret is softer, gentler, less judgmental, and easier to forgive and to heal. It is also more accurate. If that name doesn't feel strong enough for our feelings, it will in time. Let it float there and try it now and then. Not guilt—we feel regret.

Kitty Sanders, Nashville, TN ~ Survivors of Suicide Group

This month's printing of our newsletter sponsored by Charles & Chanda McLean and Janet Majors

**In honor & loving
memory of
Melissa Elaine Majors
7-14 ~ 5-8
Daughter of
Janet Majors &
Greg Majors**



**In honor & loving
memory of
Dex Bailey McLean
12-18 ~ 7-4
Son of
Charles & Chanda McLean**

A reward is being offered for information on the murder of Dex. Please visit www.dexmclean.com for more info.



Call (903) 258-2547 to sponsor a monthly newsletter in memory of your child.



We need not walk alone.

"I must shed the heavy and lingering depressing robes I wore in days past to experience the emergence of a new, lighter and warmer time."
—Anita Moorehead

Love Gifts



CeCe & Dan Brotton in memory of Missy Rogers

Bobby & Jean Gimble in memory of Cason

Roland & Jackie Young in memory of Andrea and Cynthia Harper

Joice Bass in memory of Gena Forest

Jolyn & Richard Harris in memory of Brian



Special Thanks!

Thanks to David & Josh McCullough who helped with helium for the balloons at the Butterfly Release.

Thanks to the following people who make a monthly contribution to TCF of Tyler:

Claudette Brown in memory of Terry

Dale & Phyllis Cavazos in memory of Chad

Sam Smith in memory of Stacey - use of his office for the Jacksonville meeting

Bridging The Gap Ministries - Tyler meeting location

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.

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

Thank you for your generous donations to TCF of Tyler. These 'love gifts' allow us to provide our local chapter with special events, the TCF Newsletter, our Web site and more!

Announcements

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 pdsettle@wmconnect.com or butterfly6@nctv.com, or call 903-258-2547.

July Speaker: TCF of Tyler plans to have a speaker at our meeting, July 20. Don R. Balusek, author of *My Papa, My Pal*, will speak to our group about losing his son, Jason, his special-needs child who died suddenly in September, 2003. Call us at 903-258-2547 for details.

Steering Committee: If you are interested in participating in our chapter by serving on the steering committee, please plan to attend a steering committee meeting in 2009. These are the remaining dates we will be meeting: **July 13**, Oct. 12 and Nov. 2. Call 903-258-2547 for more information.

General Assembly: Join us on July 26 to assemble the newsletter and mail out cards. This is a nice time for fellowship while we help ourselves and others who have lost a child. Call (903) 258-2547 for information.

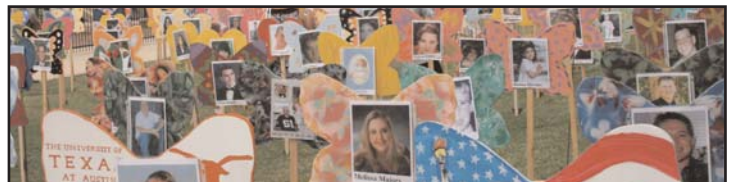
If you would like to buy a copy of the documentary, *Motherland*, on DVD, we have it available for \$20. Visit www.motherland-thefilm.org for information on this very inspiring film, and call 903-258-2547 to buy your copy.

Bonfire Sept. 26: We will hold our 2nd Annual Bonfire at Carol Johnson's. Watch for details.

Sam Smith and Scottie Garrison Performance: Join us on Oct. 24th for music, dinner and fellowship. Donations are appreciated. More details to come.

Canned Food Drive: We will be collecting canned food for the Lack's Christmas Tree Food Drive to benefit the East Texas Food Bank. The tree will be decorated with TCF pictures, and the tree with the most food donated receives a donation from Lack's. Please donate Oct. 1 through Dec. 13.

Annual Candle Lighting Ceremony Dec. 13: Please consider volunteering this year.



Personalized Butterflies: Gail Voyles painted some of the butterflies you saw this year at the Butterfly Release. If you have a special request for a butterfly next year, feel free to contact us (903) 258-2547 or info@tylertcf.org, and Gail will get an early start for the May 2010 Release.



We need not walk alone.

"So when tomorrow starts without me don't think we're far apart, for every time you think of me I'm right there in your heart." —Unknown

July Birthdays



John Wallace
7-1 ~ 2-2
Son of Barbara Wallace



Robert Lynn McMahan
7-18 ~ 3-6
Son of Dana Wright



Cameron Weatherley
7-3 ~ 9-25
Son of Ike & Dianna Weatherly



James Wilkinson
7-6 ~ 3-9
Son of Bill & Betty Wilkinson



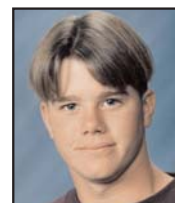
Ryan Delaney
7-10 ~ 7-20
Son of Mary Delaney



Terry Wayne Brown
7-13 ~ 5-27
Son of Claudette Brown
Son of Melton Brown



Melissa Elaine Majors
7-14 ~ 5-8
Daughter of Janet Majors
Daughter of Greg Majors



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



Andrew Moreno
7-25 ~ 7-29
Grandson of Tawna Andrews



Madeline Joy Kearney
7-15 ~ 10-6
Daughter of
Melody Burnett Kearney



Josh Chambers
7-20 ~ 2-18
Son of Joan Curtis



Laura Wilkinson
7-16 ~ 3-7
Daughter of
Peggy Cunningham



Kyle Beck
7-21 ~ 6-23
Son of Angela Yates



Lindsey Peyton Goen
7-2 ~ 12-18
Daughter of Robin & Joe Goen



Morgan Finley Lambeth
7-29 ~ 7-29
Daughter of
John & Nicole Lambeth



Adrian Hampton
7-31 ~ 7-22
Son of
Michael & Julie Brosang



Shiloh Paisleigh Gray
7-28 ~ 7-28
Daughter of
Jody & Elizabeth Gray



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



Christoher Mize
7-11 ~ 7-27
Son of Edith Mize



J.L. Adams
7-6 ~ 10-26
Nephew of Vicki Adams





We need not walk alone.

"Your memories are not a delusion; they are a glimpse of a reality far more solid and lasting than this world will ever offer. Take comfort in this: those we love may be separated from us by death; but nothing can ever take them from our hearts." —Eldyn Simons

July Anniversaries



Jamie Allen
5-24 ~ 7-8
Son of Cindy Allen



Caleb Scott Jones
2-27 ~ 7-24
Son of LeeAnn Colwell



Adrian Hampton
7-31 ~ 7-22
Son of
Michael & Julie Brosang



Lance Alan Massey
5-16 ~ 7-16
Son of Cindy Massey



Shanna Marie Redmond
5-5 ~ 7-30
Daughter of Patricia Miller



Brian Christopher Harris
6-8 ~ 7-29
Son of
Jolyn & Richard Harris



Ryan Delaney
7-10 ~ 7-20
Son of
Mary Delaney



Christopher Mize
7-11 ~ 7-27
Son of Edith Mize



Brian St. Clair
4-24 ~ 7-26
Son of Janet St. Clair



George Washington Shaw III
10-18 ~ 7-3
Son of
Bobbie Williams



Renee Seale
12-21 ~ 7-13
Daughter of
Lana Kaye Taylor



Kathy Jo Tumminello
3-19 ~ 7-20
Sister of
Susie Gorman



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



Walter Dale (Skipper)
2-23 ~ 7-2
Son of
Lucy Winningham



Matt Mears
6-7 ~ 7-16
Son of Norma & Kerry Mears
Husband of Ashley Mears



Lisa Marie Tutt
3-20 ~ 7-30
Daughter of
Steve & Sherri Tutt



Brian David Stewart
5-16 ~ 7-8
Son of
Melton & Joyce Stewart



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



Shiloh Paisliegh Gray
7-28 ~ 7-28
Daughter of
Jody & Elizabeth Gray



Morgan Finley Lambeth
7-29 ~ 7-29
Daughter of
John & Nicole Lambeth



Andrew Moreno
7-25 ~ 7-29
Grandson of
Tawna Andrews



Allison Carson
10-29 ~ 7-5
Granddaughter of
Phil & Ann Brown



Adam Grabill
3-6 ~ 7-23
Son of Beth Jones



Missy Rogers
11-25 ~ 7-21
Daughter of
CeCe & Dan Brotton



Chasen Shirley
2-13 ~ 7-3
Son of
Debbie Shirley



Ben Smith
3-1 ~ 7-21
Son of Charisse Smith
Son of Doug Smith





We need not walk alone.

“Blessed are those who realize the fragility of bereavement and handle it with an understanding shoulder and a loving heart.” —*Jackie Deems*

Helping Yourself by Helping Others

“Is it ever over?” I asked myself. It’s been twenty-two years since “forever” began. “Forever” being when six people came into my home to inform my husband and me that our seventeen-year-old son, Jimmy was dead; killed in an alcohol-related car crash. Just like that! In the blink of an eye, our lives were changed forever. But you know about that, don’t you; for you lost a child to death also. Know that my heart grieves for you too.

Being forced into a journey never anticipated, I realized I needed the support and encouragement of people who could understand the depth of my pain. I also needed to borrow their courage, for I didn’t want to, nor did I think I could live the rest of my life without Jimmy. After six months, my husband, my priest, and I formed a self-help group for grieving parents. It grew and I evolved with it. In order to be taken serious by professionals in the helping fields, I went to undergrad and grad school. My degrees are in human services and counseling. My reputation as a wounded healer grew, and I was asked to run a weekly support group for The Bereavement Center of Westchester. Their dedication to grieving people offers a warm light for the darkness of the soul.

Their programs benefit children and adults who have experienced grief. They have a school outreach program and offer individual bereavement counseling as well. My painful journey also affected my spiritual dimension. I questioned all my beliefs about God and the afterlife. I felt abandoned by God; I was angry and felt like I was broken in pieces. Looking back, I can see how I wasn’t abandoned. In fact, to help me, God sent many people who filtered in and out of my life. Three years after Jimmy died, I hit bottom both spiritually and emotionally. I think for the whole first year I was numb and the second year I began to “defrost” and get in touch with my anger.

Luckily, or as I think of it now, God placed a gift in front of me in the form of a wonderful Capuchin priest and counselor. Father Ray allowed and encouraged me to express all my negative thoughts and feelings about God, life, and anyone who could not understand the depth of my pain and the profound grieving process I was experiencing. There were so many people who couldn’t understand the length of time it takes a grieving parent to go through the process.

From my personal and professional experience, I would say it takes anywhere from seven to nine years before a bereaved parent can say, “OK, I know how to handle the bad days now, and I can live with this pain.” This is not to say that a grieving parent is in constant emotional pain for all those years. A healthy response to grief will initially include intense pain, which will eventually diminish over the years. It will never go away completely; I promise. Birthdays, holidays, and the yearly anniversary of the death will always be a reminder of the loss and will rekindle sadness and a sense of longing for what could have been; what should have been. One of the things that blest me was for me to help others. Somehow, my emptiness helped to fill up their emptiness and their emptiness filled up mine.

That wonderful priest and I developed a spiritual retreat for bereaved parents. I’ve heard it said that grief shared is grief diminished, and the weekend spent at the retreat helped do that for many people over the years. During the retreats, we would do “The Angels Walk.” It was a very healing visualization and meditation on what happened at the moment of death and how the angels carried the child into the arms of a loving God. The evaluations received afterward spoke to how consoling and healing that experience was.

Looking back, I can see I reached out in many different ways to help myself. If I read about a child who died, I wrote a note to the parents. I shared with them that there were many other bereaved parents who knew what they were going through and would keep them in their thoughts and prayers.

I also made myself available to speak with anyone who needed encouragement and support. I even wrote a book called, Healing Broken Hearts: A Book of Signs. It is a collection of letters from bereaved parents who received signs from God and/or their deceased children, as well as chapters written by me and other professionals in the field. Writing was very cathartic for me.

If I could leave you with a thought, it would be this: you will help yourself by helping others. That was the lesson I learned from my painful journey. We are all here to help one another; try it.

Anne Byrnes





We need not walk alone.

“Some experts estimate that in the face of a child’s death, two years is a reasonable grieving period. Others double that figure. The truth is, it takes as long as it takes—sometimes a whole lifetime.” —*Elizabeth Mehren*

Vacations

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the “take it easy” kind at a hideaway tucked away somewhere.

In the summers following Tricia’s death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobble streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after her death, we found fast paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn’t mention her. We did, but it seemed less painful than at home.

One caution; do allow enough time for sleep, otherwise an exhausted body can depress you.

We’ve said it many times; you have to find your own way and your own peace. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don’t be afraid of change, it can help with your re-evaluation of life.

Elizabeth Estes ~ TCF, Augusta, GA

Let Us Be Reminded

Great joys make us love the world; unbearable grief compels us to understand it better. Life is so short, and forgetting pain takes forever.

Let us be reminded to cherish every moment of our lives, and to tell those close to us how much we love them.

An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express it, to externalize it to some degree.

R. Benjamin Cirlin, Grief Counselor

Upward, Inward, Outward

We are not born into relationships. We enter life with both hands up in the air and fists clenched tightly. We are born empty-handed. There are no hands to hold but our own. We learn to reach out, but only after we have had a chance to reach inward and upward. It is the upward reach of the spirit and the inward reach of the soul that enables the outward reach of the body.

Our losses change us and change the course of our lives. It’s not that one can never again be happy following an experience of loss. The reality is simply that one can never again be the same.

Ann Kaiser Sterns

There Are No Shortcuts

Grief is a long, slow journey. Its path has many twists and turns; you may spend time in dark narrow alleys or dismal cul-de-sacs, long barren stretches of empty highway or exhausting mountain roads. Each person’s journey along this path will be different; and there are no shortcuts. Give yourself time; be patient with the demands of this difficult journey and rely on God’s peace to erase your mind and help you heal.

Eldyn Simons





We need not walk alone.

“...we need not feel guilty about feeling improved and happier down the road from our child’s death. Our children would not want us to be unhappy.”
—Helen Armstrong

Send Back The Noise

It’s way too quiet here, since our son is not around.
I’d pay any price to again hear the sound of a basketball rhythmically hitting the ground; or to answer the question, “Dad, can you make this shot? Pass the ball, probably not!”

His bedroom looks more like a sporting goods store. But those balls, gloves and cleats aren’t used anymore.
Soccer, basketball, football or lacrosse;
just one more game, win, tie or a loss.

I’d buy one more ticket, regardless of the cost.
It’s too quiet around here; things aren’t the same,
I’d settle for a sound of a video game.

I know it’s not possible to get back our boys;
so please God could you just send back the noise?

Peter Graves ~ TCF, San Diego, CA

I Thought of You with Love Today

I thought of you with love today, but that is nothing new.
I thought of you yesterday and days before that too.

I think of you in silence, I often speak your name.
All I have are memories and your picture in a frame.

Your memory is my keepsake, with which I’ll never part.
God has you in his keeping; I have you in my heart.

Grief only becomes a tolerable and creative experience when love enables it to be shared with someone who really understands.

Simon Stephens

Safely Home

I’m safely home in Heaven; though I know you miss me so.
The love I’ve always felt for you, within my heart still flows.

My spirit will remain with you every single day, appearing as a rainbow or as ocean waves at play.

I’m in the gentle rains that fall, and in the morning dew.
All you see that’s beautiful reflects my love for you.

I didn’t mean to cause you pain, my time had simply come.
The work that I was meant to do on earth had all been done.

I’m safely home in Heaven, where eternal peace is mine.
And where and when God has called you too,
I’ll be forever Thine.

Author Unknown

Stillborn

With love I conceived and I bore you,
I dreamt of you when I was a child.

As I felt you grow I adored you,
with your first feeble flutter I smiled.

Happily I hummed an old lullaby, while
I readied your room and layette.

With thumps and bumps I felt you reply,
playing percussion in a happy duet.

Each day that passed our future I planned,
where we would go and the things we would do.

We’d takes trips to the beach and play in the sand,
and go to the circus and visit the zoo.

Nine joyful months together we spent,
looking ahead to all that would be.

Quickly you came, and just as quick went,
and the two of us now is just me.

A past that has passed; a future that’s gone;
everyone’s back to normal again.

While here I am, lost and alone,
torn by thoughts of what might have been.

Memories die out like an ember,
I struggle to hold them.

And yet it’s very hard to remember,
when you were not here to forget.

Rachel’s Cry – A Journey Through Grief

Newly Bereaved — Thoughts When You Are Depressed

Don’t ever try to understand everything;
some things will just never make sense.

Don’t ever be reluctant to show your feelings,
when you’re happy, give in to it.

Don’t ever be afraid to try to make things better,
you might be surprised at the results.

There is always somebody there for you to reach out to.
Don’t ever forget that you can achieve so many of the things you can imagine. Imagine that!

Don’t ever stop loving;
don’t ever stop believing and
don’t ever stop dreaming your dreams.

TCF ~ Orange Coast, CA

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
- Other _____

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



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