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We need not walk alone. [Butterfly logo]

THE COMPASSIONATE FRIENDS P.O. Box 9714 Tyler, Texas 75711



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 16, Issue 7

Tyler, Texas

July 2015

Monthly Group Meeting Tyler Area Meeting 3rd Monday of Each Month 1901 Ricketty 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, Mary Lingle, Lisa Schoonover, Cheri Zucca, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, 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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Grief is Not Quicksand

Often, a survivor fears that if he shows his sadness, there will be no end to it. If you are among those who feel that you do not know how intense, lengthy or deep your expression of grief may be, you may find yourself thinking that it would be impossible—or at least very difficult—for you to pull out of grief's deep pit to do all the things you need to do before or after the death. Being afraid of getting sucked down into a hollow of "no return" is not realistic. Grief is not quicksand. Rather, it is a walk on rocky terrain that eventually smoothes out and provides less challenge—both emotionally and physically. For example, you may think: I will fall apart and won't be able to function if I start to show how I feel. Replace such thoughts with the more realistic: I will let go for a time, release what I feel, and will be able to function better as a result of having vented the feelings that are an ever-present burden.

Carol Staudacher

Support from Family and Friends

There are many things that a newly bereaved person needs during the first few weeks. One of the most important is support from their family and friends, who should be there to let them talk and to really listen, to give hugs, and to help with any chores the bereaved are not able to accomplish yet. It's hard for them to even think ahead to what should be done—washing clothes, cleaning, even answering the telephone may seem impossible. Many families have found it hard to go shopping for just basic groceries. They need someone to lend some thoughtful ideas and maybe see to some of these tasks a few times until their numbness has lightened a little.

Family and friends need to realize that the person who is grieving may never be the same. They will always be without their loved one and their lives will never be the same as before the death.

Since my daughter Teresa died I too have changed a lot; I have many new friends; I do things I'd have never done before, such as becoming a chapter leader, a newsletter editor and just recently writing articles on grief in these newspapers. I have more compassion towards others than before, and my interests are so very different now. If there were gifts resulting from a death, I'd say I have received many. Some people may think what I do is depressing. I feel it is helping others and at the same time helping me with my own healing.

Jackie Wesley, TCF East Central Indiana and Miami-Whitewater Chapters

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.

"...how complicated and individual mending is; the time required for healing cannot be measured against any fixed calendar." —Mary Jane Moffat

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. 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.

Group Meetings for Survivors of Trauma and Survivors of Suicide Loss, sponsored by Michael’s House of Hope at the New Life Worship Center, 18535 Hwy. 69 S., Tyler, room 620. Call Dr. Timothy M. Roddam at 903-681-3161 for more information. Survivors of Trauma meets the second Thursday of each month from 6-7 p.m.

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.



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

"We cannot do everything at once, but we can do something at once."
—Calvin Coolidge

"We have a new sense of priorities. We don't 'sweat the small stuff.' We know what matters because we know what is irreplaceable. And we know how deeply other people hurt because we, too, have been there. We 'know how they feel.'"
—Richard Edler

July Birthdays



Morgan Finley Lambeth



Robert Lynn McMahon



William Jeffrey Stack



Melissa Elaine Majors



Shiloh Paisleigh Gray



Justin Corey Modisette



Madeline Joy Kearney



Cobin Frazier



Terry Wayne Brown



Grant Williams



Cameron Weatherly



Lester "Bubba" Chase



Andrew Moreno



Ryan Delaney



John Shade



Ashton Wayne Yates



Josh Chambers



Laura Wilkinson



Kyle Beck



Lindsey Peyton Goen



Carly Smith



John Wallace



Adrian Hampton



James Fincke



James Wilkinson



Jaime Arellano, Jr.



Christopher Mize



Felicia Hobbs



J.L. Adams



Nathan Spataro



Tommy Ford



Evan Blake Alexander



Alex King



Darrell Lynn Sallas, II

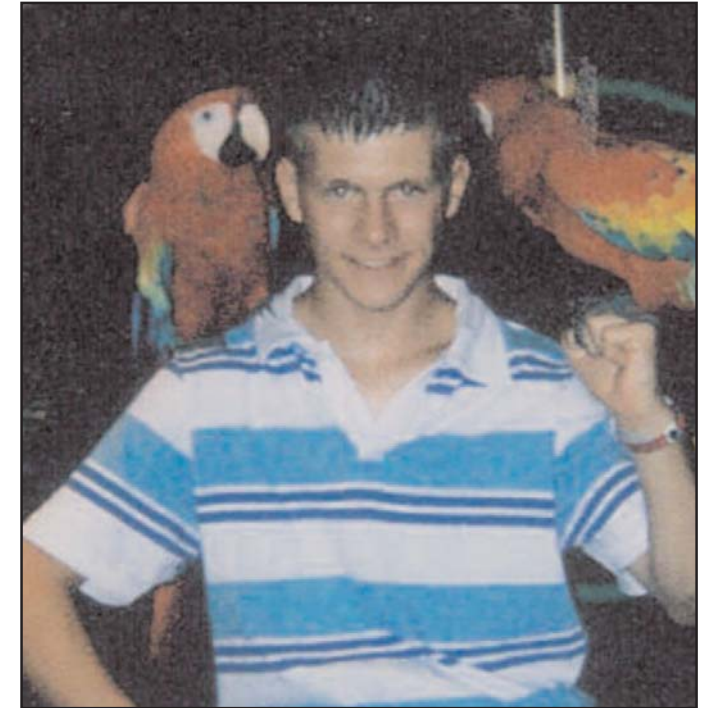


Darrell Bolton



Brad (BJ) Huggins

Dex McLean
In Loving Memory of Dex
Charles & Chandra McLean



This month's printing of our newsletter sponsored by Charles & Chandra McLean.
Call (903) 258-2547 to sponsor a monthly newsletter.

Payton Herrington
In Loving Memory of Payton
Melissa Love



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

Continued on next page



We need not walk alone.

"This we owe our beloved dead, whether young or old: to wipe from our memories all that was less than their best, and to carry them in our hearts at their wisest, most compassionate, most creative moments. Is that not what all of us hope from those who survive us?" —Elizabeth Watson

July Anniversaries (cont.)



Erika Reyes



Sara Ann Plocheck



Shiloh Paisliegh Gray



Jamie Allen



George Washington Shaw, III



Shanna Marie Redmond



Michael Knight



Jason Bollard



Trey Dobbs



Kathy Jo Tumminello



Brian St. Clair



Ryan Delaney



Adam Grabill



Brian Christopher Harris



Christopher Andrews



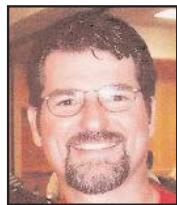
Grant Williams



Gregory Davis, Jr.



Coby Deese



Herby Parr



Kody Dale Hughes



Shane Odening



Lance Alan Massey



Scott Bradshaw



Graham Gill



Ke'Andre Ross



Justin Turbeville



Aceyn Richards



Ashley King



Keith Radabaugh

Hope Shines Bright Deep In The Heart

Dallas will host the Compassionate Friends National Conference in July, 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.

TCF Walking Group

Come join us for a walk, a stroll, a jog! Walking and talking is great therapy!

When: Second Sat. of the Month, 9 a.m.

Where: Rose Rudman Trail—meet at the park pavilion off Shiloh Rd.

Who: Everyone is invited to join—there will be someone walking at your pace!



We need not walk alone.

"This (what feels like endless) thinking is the work that grief demands—it is the creation of a new picture of your life—created one piece at a time."
—Stephanie Elson

Lindsey Barton

**In Loving Memory
of Lindsey**

**Barbara & Lee
Barton**



This month's printing of our newsletter sponsored by Barbara & Lee Barton.
Call (903) 258-2547 to sponsor a monthly newsletter.

Adrian Hampton

**In Loving Memory
of Adrian**

Julie Brosang



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



We need not walk alone.

"Family and friends need to realize that the person who is grieving may never be the same. They will always be without their loved one and their lives will never be the same as before the death." —*Jackie Wesley*

Terry Wayne Brown

**In Loving Memory
of Terry Wayne**

Claudette Brown



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

Melissa Majors

**In Loving Memory
of Melissa**

Janet Majors



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



We need not walk alone.

"I knew that...the full acceptance of the finality of loss, and all the pain that goes with it, need not diminish life but could give it a new quality of fulfillment. I also knew that this could not be achieved without going through the agonies of grief and mourning." —*Lily Pincus*

July Birthdays (cont.)



Lindsey Barton



Stephen "Chadwick"
Williford



Jason Eubank



Ryan Goff



Colton James Bain



Keisha Knauss



Michael Slay
Chapman



Adrian Hampton



Angela Frazier



Suzanne Renee'
Glover



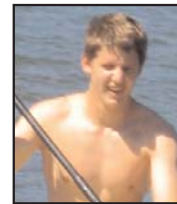
Sheila Nolen



Jasmine Pruitt



Brevon McCarty



Zachary Bradley



James Rawls



Joshua Baker

July Anniversaries



Renee Seale



Caleb Scott Jones



James Permenter



Matt Mears



Walter Dale "Skipper"
Winningham



Christopher Mize



Lisa Marie Tutt



Chandler James
"Jimmy" Brazell



James E. Abbie, Jr.



Dex Bailey
McLean



Morgan Finley
Lambeth



Ben Smith



Andrew Moreno



Allison Carson



Brian David Stewart



Missy Rogers



Chasen Shirley



Timothy Allen
Hawkins

Continued on next page.





We need not walk alone.

"Give yourself time, time, and more time. It takes months, even years, to open your heart and mind to healing. Choose to survive and then be patient with yourself. In time, your grief will soften as you begin to heal, and you will feel like investing in life again." —from TCF National Website

Your Compassionate Friend

I can tell by that look friend, that you need to talk,
So come take my hand and let's go for a walk.
See, I'm not like the others—I won't shy away,
Because I want to hear what you've got to say.
Your child has died and you need to be heard,
But they don't want to hear a single word.
They tell you your child's "with God," so be strong.
They say all the "right" things that somehow seem wrong.

They're just hurting for you and trying to say,
They'd give anything to help take your pain away.
But they're struggling with feelings they can't understand
So forgive them for not offering a helping hand.

I'll walk in your shoes for more than a mile.
I'll wait while you cry and be glad if you smile.
I won't criticize you or judge you or scorn,
I'll just stay and listen 'til your night turns to morn.

Yes, the journey is hard and unbearably long,
And I know that you think that you're not quite that strong.
So just take my hand 'cause I've got time to spare,
And I know how it hurts, friend, for I have been there.

See, I owe a debt you can help me repay,
For not long ago, I was helped the same way.
As I stumbled and fell thru a world so unreal,
So believe when I say that I know how you feel.

I don't look for praise or financial gain,
And I'm sure not the kind who gets joy out of pain.
I'm just a strong shoulder who'll be here 'til the end—
I'll be your Compassionate Friend.

Steven L. Channing, TCF Winnipeg, Canada

Circle

How do you bear it all?
The cry came from a mother
Whose son had died only weeks before.
We were in a circle, looking at her,
Looking around, looking away,
Tears in our hearts, in our eyes.
How do we bear it?
I don't know,
But the circle helps.

*Eva Lager ~ TCF/Western Australia
(Eve's daughter, Milya Claudia Lager, died
by suicide on March 4, 1990.)*

July's Child

Fireworks race toward heaven
Brilliant colors in the sky.
Their splendor ends in seconds
On this evening in July.
"Her birthday is this Saturday,"
I whisper with a sigh.
She was born this month,
She loved this month
And she chose this month to die.

Like the bright and beautiful fireworks
Glowing briefly in the dark
They are gone too soon, and so was she
Having been, and left her mark.
A glorious incandescent life,
A catalyst, a spark...
Her being gently lit my path
And softened all things stark.

The July birth, the July death of
my happy summer child
Marked a life too brief that ended
Without rancor, without guile.
Like the fireworks that leave images
On unprotected eyes...
Her lustrous life engraved my heart...
With love that never dies.

*Sally Migliaccio ~
TCF, Babylon, Long Island, NY*

Terrible Twos

In memory of Jennifer Privett

Jenny,
Since your death, you have missed:
2 birthday anniversaries,
2 Halloweens,
2 Thanksgivings,
2 Christmases,
2 summers and swimming pool sessions,
2 school openings,
2 sizes of shoes and clothing,
2 children who died of heart conditions and
2 pictures of them now sit beside yours,
too many children who died
too soon
too young.
Your Mom ~ *Susan Privett*



We need not walk alone.

"My grief and pain are mine. I have earned them. They are part of me. Only in feeling them do I open myself to the lessons they can teach."
—Anne Wilson Schaefer

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 Ricketty 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.

**Thanks to all our families who Support
TCF of Tyler with their love gifts.**

**In loving memory of
Daniel Anderson by
Kerry & Cheryl
Anderson**

