



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 13, Issue 3

Tyler, Texas

March 2012

Monthly Group Meeting

Tyler Area Meeting

Monday, March 19, 6:30 p.m.
3600 Old Bullard Rd., Bldg. 1,
Ste. 101B, Tyler

Jacksonville Meeting

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

Lufkin Meeting

Call for details.

Contact

Phone: (903) 258-2547

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

Chapter LeaderTina Loper
Meeting Facilitators Tyler
Don & Leslie Dixon, Cheri Zucca
Meeting Facilitators Lufkin
Sherri Tutt, Lauri Maner
Newsletter/Web SiteMary Lingle
Steering Committee: Sam Smith,
Carol Johnson, Carol Thompson,
Mary Ann Girard, Cheri Zucca, Mary
Lingle, David & Teresa Terrell, Janet
Majors, Don & Leslie Dixon, Kathy
McKinney, Margie Newman,
Pat Settle, Lisa Schoonover

Joan & Bill Campbell, Regional
Coordinators: (972) 935-0673
TCF National: (877) 969-0010
www.compassionatefriends.org

The Meeting Agenda

6:30 p.m. - Meeting will begin with refreshments followed by announcement of birthdays and anniversaries and reading of the Credo. We will then have open discussion.

8:00 p.m. - Meeting will close by recognizing our childrens' names. Feel free to visit after the meeting or check out books from our library.

In This Issue...

Welcome	2
Remembering Our Kids	2
Love Gifts/Announcements	3
Birthdays	4
Anniversaries	5
Closure: Is it Reality?	6
Memories and the Passage of Time	7
Poems	8

Butterfly Release

Butterflies will be released in memory of all our children at the 2012 Compassionate Friends Butterfly Release set for Saturday, May 19, 2012 at 1:00 p.m. The setting for this uplifting and peaceful event will be the First Baptist Church South Campus, 17002 Highway 69 South in Tyler.

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 contact Cheri Zucca at cheriz708@yahoo.com.

Proceeds from the Butterfly Release will again be used for outreach efforts and materials.

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!

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.

“How can I stop this pain?” I asked. She put her arm on my shoulder and said, “Just do what feels right to you; listen to your heart and we’ll be here to listen too.” Sometimes the best advice is none at all. —*Mary Clark*

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

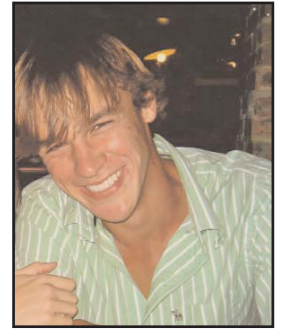
To Our New Members

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.”

**Special thanks to
Merri Walsh for her
generous donation in
memory of her son
Chris O’Leary.**



Remembering Our Kids

No matter the age, they’ll always be our ‘kids!’ And to remember them in a special, whimsical way, we are offering to include your child’s photo with a symbol of something that represents them—something they loved—for a donation to TCF of Tyler in the amount of \$25. Just send a check to P.O. Box 9714, Tyler, TX 75711, or visit us online at tylertcf.org. Please designate where you’d like the donation to be used and tell us what kind of art would represent your child, eg: football, guitar, hunting, computers, animals, etc.



**Andy
Terrell**



**Leah
Zucca**



**Stephanie
Settle**



**Sarah
Thompson**



**Jared
Sheets**



**Christopher
Loper**





We need not walk alone.

"The calendar years will continue their numerical ascent and a new number propels us into a new chapter of our lives. We cannot stop time, but we can use it. For time will allow us to remember all the details of our child's life, to grieve our loss, and to adjust to our altered lives." —Nancy Green

Love Gifts



Merri Walsh in memory of Chris O'Leary

Peggy Rozell in memory of Jill

Martha Lewis in memory of Burke

Charles & Billie Bridges in memory of Cory Blackmon

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

Jim & Cheri Zucca in memory of Leah

Tina, Johnathan & Heather Loper

in memory of Christopher

Carol & Shane Johnson & Touched By Suicide

in memory of Jared Sheets



Thanks to the following people who make a MONTHLY LOVE GIFT to TCF of Tyler:

Claudette Brown in memory of Terry Wayne

Dale & Phyllis Cavazos in memory of Chad

Sam Smith in memory of Stacey -

use of his office for the Jacksonville meeting

David & Teresa Terrell in memory of Andy -

use of a storage building

Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: TCF Tyler, 5401 Hollytree Drive, 1204, Tyler, Texas 75703. Or 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.

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

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

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 3600 Old Bullard Rd., Bldg. 1, Ste. 101B in Tyler. For more information, please call 903-258-2547 or email beachbum2201@gmail.com or lilbluebutterfly6@gmail.com.

Jacksonville TCF Meeting: The meeting in Jacksonville is held on the first Tuesday of the month, 6:30 p.m., at Sam Smith's office, 1401 E. Rusk, Jacksonville. For more information, please email beachbum2201@gmail.com or lilbluebutterfly6@gmail.com, or call 903-258-2547.

Lufkin TCF Meeting: Join us at the Lufkin meeting held at 6:30 p.m. every 3rd Thursday of the month at Southside Baptist Church, 1615 Tulane Drive, Lufkin, TX 75901. For more information, contact Lauri Maner at 936-854-2002 or Sherri Tutt at 936-404-9517.

The Touched by Suicide meeting is held the second Tuesday of the month at 6:30 p.m. The meeting will be held in the same, new location as TCF, 3600 Old Bullard Rd., Bldg. 1, Ste. 101B in Tyler. Anyone who has lost someone they love to suicide is welcome to attend this peer support group. For more info please call 903-330-0678 or visit www.touchedbysuicideeasttexas.org.

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! Our next meeting is Wednesday, March 7 at 6:30 p.m. at the Tyler TCF office, 3600 Old Bullard Road in Tyler. For more information, call 903-258-2547.

General Assembly: Join us each month to assemble the newsletter and mail out cards. We hope to get some new volunteers to help with this monthly project. Call 903-258-2547 for details.

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.

Thinking of You...
Our heartfelt condolences to Kathy & Kevin McKinney on the death of Kevin's father; Linda & Bill Hawkins on the death of Linda's sister; and Stuart & Mary Gilpin on the death of Stuart's mother.

Visit us online at www.tylertcf.org



We need not walk alone.

"Finish your life with the enthusiasm and zest that you had when we were together. You owe this to me, but more importantly, you owe it to yourself. Life continues for both of us. I am with you because I love you. I am in the Light."
—Unknown

March Birthdays



Roozbeh Arianpour
3-25 ~ 6-6
Son of Farideh Arianpour



Michael Schmidt
3-11 ~ 2-10
Son of Patricia Jeffery



Gary R. Gribble
3-3 ~ 6-29
Son of Carol J. Gribble



Tiffany Sue Hightower
3-31 ~ 5-12
Daughter of Donna Hightower



Joshua "Josh" Wilcox
3-17 ~ 9-7
Son of Melanie Wilcox



Colton Allen France
3-8 ~ 3-08
Son of Carla Howard



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



Randy Joe Cannon, Jr.
3-26 ~ 11-6
Son of Randy Cannon



Sally Ryan
3-15 ~ 4-15
Daughter of Amy Ryan



Wadiya Adnan Bdah
3-7 ~ 3-13
Son of Catherine Bdah



Amanda Kay Stone
3-25 ~ 9-7
Daughter of Mary Kay & Glenn Stone



Ben Smith
3-01 ~ 7-21
Son of Charisse Smith
Son of Doug Smith



Toni Wood
3-10 ~ 9-29
Daughter of Tami Wooldridge



Jodi Lynn Attaway
3-8 ~ 6-5
Daughter of Cindi Attaway-Gill



Sally Snodgrass
3-1 ~ 4-15
Daughter of Leland Snodgrass



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



Cathy Key
3-26 ~ 8-19
Daughter of Cindy Murray



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



Charles Bryan Meadows
3-18 ~ 1-19
Son of Charles & Lynda Meadows



Kenny Ivy
3-10 ~ 5-12
Son of Jo Anne Ivy



Noah Boone Bridges
3-5 ~ 3-15
Son of Shannon Johnson



Jackson Huse
3-31 ~ 3-25
Son of Doug & Johna Huse



Jill Rozell
3-14 ~ 8-2
Daughter of Peggy Rozell



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



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



Brandon Krpec
3-27 ~ 2-11
Son of Larry & Debby Krpec



Jamye Marie Crawford
3-10 ~ 4-12
Daughter of Judy & Robbie Crawford



Scott Bradshaw
3-26 ~ 7-19
Son of Bud Bradshaw



Deanna Holcomb
3-31 ~ 4-19
Daughter of Pat Smith



Andrea Young
3-15 ~ 2-1
Daughter of Roland & Jackie Young





We need not walk alone.

"I understood there would be another future; not the one I thought I had the right to expect, but one where I dared carry hope in my heart." —Eva Lager

March Anniversaries



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



Neil Defenbaugh
10-20 ~ 3-27
Son of James & Dina Defenbaugh



Justin Bloxom
5-29 ~ 3-10
Son of Amy Bloxom Fletcher



Colton Allen France
3-08 ~ 3-08
Son of Carla Howard



Blythe Madison Harper
5-02 ~ 3-08
Daughter of Stephanie Joshua Harper



Allen Price
4-11 ~ 3-29
Son of Deborah & Floyd Holcomb



Kayla Smith
11-7 ~ 3-5
Daughter of Debbie Smith



Amanda Valadez
1-29 ~ 3-16
Daughter of Charlene & Tony Spivey



Jeremy Kersh
4-30 ~ 3-25
Son of Brad & Debbie Kersh



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



Robert McMahon
7-18 ~ 3-6
Son of Dana Wright



Gary Dean Arnold
9-17 ~ 3-7
Son of Betty & Harold Arnold



Noah Boone Bridges
3-5 ~ 3-15
Son of Shannon Johnson



Randall Scott McDaniel
5-7 ~ 3-17
Son of Kathryn Webb



Jackson Huse
3-31 ~ 3-25
Son of Doug & Johna Huse



Phillip Kuhn
12-28 ~ 3-27
Son of Carolyn R. Kuhn



Joshua Andrews
6-21 ~ 3-14
Son of Tawna Andrews



Joshua Washburn
9-23 ~ 3-26
Son of Kimberly Boswell



Trey LePelley
6-10 ~ 3-13
Son of Jack & Julie LePelley



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



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



Douglas Johnson
9-24 ~ 3-18
Son of Doug & Shelly Johnson



Wadiya Adnan Bdah
3-7 ~ 3-13
Son of Catherine Bdah



Rowdy Cunningham
8-10 ~ 3-7
Son of Peggy Cunningham



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





We need not walk alone.

"Most of us know that our children would want us to go on. This coming year may not be a happy one, but it can be a constructive one. Through our grief we can grow and become more understanding, more loving and more compassionate, and aware of the real values of life." —*Unknown*

Closure: Is it a Reality?

The use of the word "closure" is often heard in public circles or in the media especially after a tragedy and implies finality. The word comes with the sense that there will be a time, day, or event like a funeral that marks when a grieving person will be "healed" or "over it," as though it were a disease and you could magically take a pill to be cured. There is an expectation that when the eulogies are said and the casseroles are gone, the grief somehow magically goes away. The truth is that those of us who are in TCF realize that the death of a child or sibling changes our lives forever, and we will never truly "be over it."

Yes, we will not have the intensity of the pain and sorrow we had at the beginning of our grief. We will go on with life and find a new normal for us, but life will never be as it was before the death, and we will never be fully "healed." Sometimes those around us have attempted to comfort us by pointing to deadlines, replacements, or "at leasts." We have heard it said, "At least you have other kids," or "You can have another baby," or "Hasn't it been 6 months?" Many see "comfort giving" as a short-term support effort, and soon we will be "over it" as we are kept busy returning to the tasks of daily living and focusing on our blessings. These comments hurt rather than provide the comfort they are meant to provide. Grief follows no plan, no stages, timetable, formula, or schedule. There are no road maps; there are no absolutes.

We learn in TCF that everyone grieves differently. Grief is like being lost. The familiar things we relied on to live each day are gone. We must find new anchors or stabilizers along the way and learn a new way of relating to the world and people around us. We are forced to live without our child or sibling. The reality of our loss often far outweighs what we have remaining. Grief is all consuming, distorts reality, and we begin to mark time in "before or after our loved one died." No one can hurry the process of grief; no one can do it for us. Not even our spouses, parents, or other children can help us in those early days. The truth is that when our grief is new, we feel exhausted physically, emotionally, and spiritually. We barely have enough energy to breathe.

We feel as though we have no control over our lives anymore, nor do we care. We realize on some level we are helpless. We might even feel hopeless or purposeless. Some of us feel isolated, lonely, and misunderstood. Some feel like everything is trivia compared to the loss we have experienced. Some feel as if the world is spinning on around us, and nobody really cares that our child, sibling, or grandchild died. All of these feelings are normal and part of the grieving process. And yes, we also need to realize it is a process—a very long, gradual, and difficult process. Time does not heal all wounds, but time softens the intensity of the grief. What helps is finding those who will listen with their hearts and give us hope and understanding. Those who will spend hours, days, and months with us as we tell our story over and over so we can somehow believe it ourselves. What helps is to surround ourselves with those patient people and meaningful activities that comfort and support.

Gradually, the cold darkness of grief begins to give way to the warmth of the memories, acceptance, purpose, and reinvestment in life. We learn to speak of our loved one without crying, and to begin to accept that whatever time we had with him or her, we would have taken even if just but a moment. We learn that grief is the price we pay for loving our child or sibling so much, and we wouldn't want it any other way. Our relationships with family, friends, and yes, even God can be strengthened or challenged as we look for new ways to connect with them. We may lose old friends who don't really understand. We learn that problems in life are not overwhelming. We are handling the worst thing that can happen to us; what else can happen? We learn to more deeply cherish those we love. We help others in grief without batting an eye. Sometimes we pick up "gifts" along the way by becoming more caring, compassionate toward others, and appreciative for what is important in life. New strengths can develop as we find our new selves along the way. Life will be different as we learn to cope, but still have meaning.

For those of you who are new in your loss, we hope that you will continue to share your sorrow with us and learn from those further ahead on the path of grief. Someday it won't hurt as much as it does now, and you won't always feel "this elephant on your chest." We encourage you to ask the family and friends around you for what you need and tell them when their expectations for you are too high. We hope you will explain to them that your grief is not on a timetable and will probably not ever reach what society calls "closure." Explain to them that you will always miss your child or sibling, but you will learn to live with a broken heart. We hope you will inform them that the mention of your child's name is music to your ears and it's okay to talk about him or her. Your TCF friends will be with you and hold your hand every step of the way.

*Carole J. Dyck, R.N.
TCF Verdugo Hills, CA
In Memory of my son, Chris*

Carole J. Dyck RN became a bereaved parent in 1989 when her son Chris died in an automobile accident. Carole was a co-leader of the Verdugo Hills TCF Chapter, Glendale, CA for several years and served on the National Board of Directors of The Compassionate Friends.

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We need not walk alone.

“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone.” —*Fred Rogers*

Memories and the Passage of Time

"How long has it been? Bereaved parents are often asked this question. I ask it of you, "How long has it been?" Now answer this question: "How long does it feel like it's been?" A common answer is, "On one hand it feels like yesterday. On the other, it feels like a long time ago." Why do we experience our lives like this? How can something five or ten years ago feel recent and something that occurred last week feel forever ago? Let's look at the concept of time and try to make some sense of it, with the added bonus that we can gain some insight into our own bereavement process.

Scientists tell us that time can be measured in two ways. One is by a unit of measurement such as seconds, days, years. For example, how old are you? Virtually everybody answers this question in years. But, did you ever consider how many days old you are? Parents whose child died at less than one month focus on their child's age in terms of days or weeks of life. If you are near the age of 27 years you have lived approximately 10,000 days. If you just turned 41, you are nearing 15,000 days. How many of those days in your life do you remember? If you consider life in terms of seconds, the average American lives about two billion seconds (75 years). For many bereaved parents, one of the long term sources of grief is the fact that their child was cheated or deprived of years and decades of living.

Another way to measure time is by events. How many events of your child's life do you remember? How vivid are they? What are the triggers of these memories? As the months and years pass, many parents fear forgetting events in their child's life.

I have a suggestion to help you call up positive memories of your child whenever you wish. First, take out a pen and paper and write every memory that immediately comes to mind. Don't worry about details for now. Just write. Next, find a label for each of the memories. For example, a mother whose seven year old daughter died writes out on paper four memories that immediately come to mind: her daughter's first day of school, hunting for Easter eggs in her new dress, riding her bike on her sixth birthday, and sand castles they built on their trip to the ocean. She creates the following labels: First Day at School; Easter Dress; New Bike; Sand Castles. And then she writes them in any order she wishes. Next, go through each memory and create as much detail as possible for each memory. Describe the setting, what was said, colors, temperature, smells, sounds, touches. Make a story out of the event. Next, assign a number to each label. For the woman above, she would say, "1=First Day at school, 2=Easter Dress, and so on. Then she would practice saying a number and immediately bring up the full memory of the event. Practicing this for a few days can create a very powerful list of quite wonderful memories that you can access at will. The list can be carried on a 3"x5" card for easy referral.

Picture a father standing in line at the grocery store. His 15 year old son died two years ago and he has recently put together a list of ten of his favorite memories, numbered 1-10. As he stands in line, he says to himself, "I'm going to think about number 5 for a few seconds." He has previously associated this number with the time he and his son took windsurfing lessons at the lake. He sees his son being shown the fundamentals by the instructor, practicing on land, bending his knees, shifting his weight, getting into the water, climbing on the board, and attempting to stand. He smiles as he sees both his son and himself fall off the board again and again. He nods as he next has a beautiful scene in his mind of his son proudly standing and gliding across the water with the sun and blue sky in the background. He reaches the check stand, pays his bill and walks out of the store somewhat comforted by a memory he knows he can bring up whenever he wants.

Give this technique a try, but be careful not to get upset if you don't have crystal clear memories. Think of a time in your child's life and use the steps above to create your story from the memories you have.

Our brain functions in such a way that we are aware of the passage of time and we understand that some memories are "older" and more distant than others. However, if we practice on bringing up memories from time to time, we can reinforce the images and transcend the time gap between then and now. Of course, focusing exclusively on the past and ignoring the present is not healthy. But, as you know, memories are all you have. Why not use them?

Bob Baugher, PhD

Bob Baugher is a psychologist and certified death educator who teaches courses in Psychology and Death Education at Highline Community College in Des Moines, Washington. Presently he is a clinician with the University of Washington Parent Bereavement Project.

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"I can never lose one whom I have loved unto the end, one to whom my soul cleaves so firmly that it can never be separated, does not go away but only goes before." —*St. Bernard of Clairvaux*

March

A little bit of warm spring
Breaking its way out of the earth?

Today I see snowy flakes which remind me
That still again one season is passing into the next.

Another layer of chilling rain, ice and snow
Another layer of flowers fresh from
bloom fallen to the ground

Another layer of long, dry days with too much sun
Another layer of autumn leaves
fallen damp to the ground.

Seasons continue to run ahead while
my heart and spirit are slow to follow.

March is on the calendar to remind me
that it's time for still more change.

*Carol Thompson, TCF, Tyler, TX
Always Remembering Sarah
Cold Wintry January 2, 2011*

A Poem for My Daughter

I love you now, as I so loved you then
your Spirit is with me forever
When you were born all of heaven sang out
Joyous that we were together

Your eyes twinkled bright as a billion stars
Your lashes brushed sweet angel's kisses
As you snuggled so warmly against my neck
So serenely, you gave me such bliss

As I stroked your head, very gently My Dear
Your hair felt as soft as down feathers
Your fingers, so tiny, wove tightly with mine
Rainbow's end couldn't give me more treasure

I remember you now, I'll remember you when
every day and each night begins
You're a part of my soul, every beat of my heart
I promise, My Darling, Amen

*Karinelyn Paul
Broomfield, CO
In Memory of my daughter, Katrina*

This Life I Live

They sometimes tell me,
Just move forward in life
You should not grieve so
Won't you get over it and just let go?

"I just can't let go"
Is the answer I give
"I hope you'll never have to understand
How it is, this life I live"

It seems there's seldom a day to pass
As friends turn away from me and let out a sigh
When they see from nowhere,
An unexpected tear, fall from my eye

You see, the memories are all I have left
And they sometimes bring on tears
And also bring on so many great smiles
With memories kept fresh, I'll live out my years

Loral and Macy live right here in my heart
Where their life's memory, I vow to preserve
As I work so hard every day
To show all the love they deserve

They would want to be remembered forever
It is my intent to hold that memory open
They know that I'll never let them go
That's a promise that will never be broken

Yes my friends, life does go on
And I know you are quite concerned
But fortunately, you can't understand
What happened, when Macy and Loral left this land

*PawPaw (Donald Moyers), TCF Galveston County, TX
In Memory of Loral and Macy*

My Grief is Like a River

My grief is like a river, I have to let it flow,
but I myself determine just where the banks will go.

Some days the current takes me in waves of guilt and pain,
but there are always quiet pools where I can rest again.

I crash on rocks of anger, my faith seems faint indeed,
but there are other swimmers who know that what I need.

There are loving hands to hold me when the waters are too
swift, and someone kind to listen when I just seem to drift.

Grief's river is a process of relinquishing the past;
swimming in hope's channels, I'll reach the shore at last.

Cynthia G Kelly

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



THE COMPASSIONATE FRIENDS®

P.O. Box 9714
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www.TylerTCF.org

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