



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 11, Issue 5

Tyler, Texas

May 2010

Monthly Group Meeting

Tyler Area Meeting

Monday, May 17, 6:30 p.m.
12949 C.R. 42 (McDougle Rd.)

Jacksonville Meeting

Tuesday, May 4, 6:30 p.m.
Sam Smith's office, 1401 E. Rusk

Lufkin Meeting

Thursday, May 20, 6:30 p.m.
Southside Baptist Church, 1615
Tulane Drive

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, Janet Majors,
Don & Leslie Dixon, Kathy McKinney

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 will be holding our 7th Annual Butterfly Release on May 15 at 1 p.m. at the First Baptist Church south campus, 2813 and Hwy. 69 W.

We are personalizing wood butterflies for an additional charge again this year. If you want a butterfly designed specifically for your child, please let us know. Football, baseball, softball, cheerleading, dance, military, etc., are a few of the designs available. Personalized butterflies are \$20 and need to be paid for in advance. Live Monarch butterflies are available for \$10 each. If you are interested in donating refreshments this year, or would like to help with the set up in loving memory of your child, please contact us at (903) 258-2547.



Photos from Previous Butterfly Releases



Thanks to the First Baptist Church South Campus for allowing us to hold our Annual Butterfly Release at your beautiful facilities!

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.

"If we are loved and remembered, then we live on forever in the hearts of those who love us." —*Ten Menten*

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."

New Meeting Location

Beginning in May, TCF of Tyler will hold their meetings at their new meeting location at 12949 County Road 42 (McDougle Rd.), Tyler, TX 75704.

From Loop 323 (West Front Street), take Hwy. 110 West. Drive 10 miles and turn left at County Rd. 42 (McDougle Rd.). Building will be on the right next to the storage units. Look for the butterfly sign.

Our condolences to Teri Clakely and family for the loss of Charlie. Charlie was preceded in death by his brother Justin. Our thoughts and prayers are with you.



This month's printing of our newsletter sponsored by Jim & Cheri Zucca.

In loving memory of

Leah Zucca

9-3 ~ 5-10

Daughter of

Jim & Cheri Zucca



This month's printing of our newsletter sponsored by Janet & Greg Majors

In loving memory of
Melissa Elaine Majors

7-14 ~ 5-8

Daughter of

Janet & Greg Majors



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



We need not walk alone.

“The heart of grief, its most difficult challenge, is not ‘letting go’ of those who have died, but instead making the transition from loving in presence to loving in separation.” —*Thomas Attig*

Love Gifts



Lisa Schoonover in memory of Jake

Julie Stokes in memory of Scottie Baker

Charles & Chanda McLean in memory of Dex

Mona Anderson in memory of T.J.

Clayton & Pat Turner in memory of Mark

Doyle & Sherry Smith in memory of Scottie Baker

Claudette Brown in memory of Terry Wayne

Dale & Phyllis Cavazos in memory of Chad

David & Teresa Terrell in memory of Andy



Thanks to the following members who have made a donation to contribute rent for our new meeting place.

Carol Johnson in memory of Jared Sheets

Jim & Linda Crawford in memory of Jared Sheets

Don & Leslie Dixon in memory of Austin

Victor & Margie Newman in memory of Jeremy

Jim & Cheri Zucca in memory of Leah

Lisa Schoonover in memory of Jake

Danny, Pat & Stephen Settle in memory of Stephanie

Tina, Johnathan & Heather Loper in memory of Christopher

Special Thanks!

Thanks to the following people who make a monthly contribution 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

Thanks to all who helped with the assembly of last month's newsletter. We really appreciate all our volunteers!

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.

Announcements

We will be holding our 7th Annual Butterfly Release on May 15. We are personalizing wood butterflies for an additional charge again this year. If you want a butterfly designed specifically for your child, please let us know. Football, baseball, softball, cheerleading, dance, military, etc., are a few of the designs available. Personalized butterflies are \$25 and need to be paid for in advance. Live Monarch butterflies are available for \$10 each. You must place your order and pre-pay by May 8.

We would appreciate your bringing your favorite finger food to the Butterfly Release. Ideas are small sandwiches, chips, veggies, cookies or any kind of nibbly snack that you want to share. If you want, let Carol Thompson know what you would like to bring. Email her at btt0212@hotmail.com. Our snacks help to make the Butterfly Release an even more special day for us all, and they extend our hospitality to those who may have never attended. Thanks so much.

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.

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 is held at the East Texas Center for Independent Living, located at 4713 Troup Hwy, Tyler, in the Highland shopping center. Anyone who has lost someone they love to suicide is welcome to attend this peer support group. Note that it is not the proper forum for those who have attempted suicide and survived. For more information please call 903-574-3127.

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 2010. The dates of the remaining meetings are as follows: May 5th, August 9th, October 4th and November 8th.

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.

Bonfire Sept. 2010: We will hold our 3rd Annual Bonfire at Carol Johnson's on September 25. More details later.

Holiday Food Donations for Lack's: We will start early this year by placing a box at our **new meeting location** for non-perishable items. (See page 2 for directions.)





We need not walk alone.

"I think these difficult times have helped me to understand better than before how infinitely rich and beautiful life is in every way and that so many things that ones goes around worrying about are of no importance whatsoever."
—Isak Dinesen

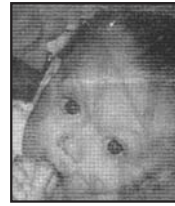
May Birthdays



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



Donna Mae Morales
5-8 ~ 5-14
Daughter of Misty Morales



Boston Kade Porter
5-27 ~ 8-12
Son of Kim Porter



Joshua Carl Tucker
5-17 ~ 4-15
Son of Judy C. Googins



Tami Kay Brown Roberts
5-17 ~ 6-10
Daughter of
Kenn & Ann Somerville



Stephanie Harris Reed
5-18 ~ 9-5
Daughter of Rick & Susan Harris



Randall Scott McDaniel
5-07 ~ 3-17
Son of Kathryn Webb



Blythe Madison Harper
5-2 ~ 3-8
Daughter of
Stephanie & Joshua Harper



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



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



Austin Arvizo
5-14 ~ 2-9
Son of
Vincent & Paula Arvizo



Margie Starkey
4-30 ~ 12-3
Daughter of Betty Abbie



Jared Sheets
5-14 ~ 9-27
Son of
Carol Johnson



Michael Angelo Perez
5-16 ~ 9-28
Son of
Victoria Gonzalez



Stephanie Carol Hester
5-9 ~ 4-2
Daughter of
Troy & Glenna Nicolls

A Blessing

May the road rise to meet you,
May the wind be always at your back.
May the sun shine warm upon your beautiful face.
The rain falls soft upon your fields,
You are not forgotten,
Nor will you ever be,
As long as life and memory last
We will remember thee.
And until we meet again
May God hold you
In the palm of His hand.

I love you so much Tiffeny Sue.
Your Momma

*To Tiffeny Sue Hightower, 3-31 ~ 5-12
From your Momma, Donna Hightower*



Gabe Levi
5-2 ~ 6-25
Son of
Deborah Hunt



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



Andrew Weldon Braswell
5-14 ~ 5-14
Son of
Chad & Sara Braswell



We need not walk alone.

"This year on Mother's Day, I'll shed my tears but let them be as a soft summer's rain, a rain that nourished the earth, tears that heal and cleanse my heart."
—Vera Babb

May Anniversaries



Brady Bryant
4-30 ~ 5-2

Son of Windy & Bradley Bryant



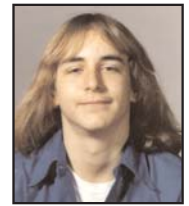
Daniel Anderson
12-27 ~ 5-15

Son of Kerry & Cheryl Anderson



Brandon Weatherly
12-14 ~ 5-20

Son of Ike & Diana Weatherly



Jon Lee Hardwick
9-29 ~ 5-7

Brother of Vicki Johnson



Colleen Herriage
2-23 ~ 5-14

Daughter of Ruth Herriage



Samantha Johnson
9-23 ~ 5-13

Daughter of
Dennis & Vicki Johnson



Justin Clakley
2-25 ~ 5-15

Son of Teri Clakley



Joshua Jolley
9-29 ~ 5-12

Son of Brenda Jolley



Kenny Ivy
3-10 ~ 5-12

Son of JoAnne Ivy



Donna Morales
5-8 ~ 5-14

Daughter of Misty Morales



Jarren Moser
4-28 ~ 5-31

Son of
Robert & Misty Hendrickson



Alexander Fleming
12-4 ~ 5-8

Son of Amy Fleming



Stephanie Settle
12-22 ~ 5-27

Daughter of Danny & Pat Settle



Marshall Charles Donahue
10-18 ~ 5-18

Son of Joyce Neely



Kaila McKinsey Payne
4-6 ~ 5-28

Daughter of Keith Payne
Granddaughter of Gracie Farris



Kimberly Pryor
1-2 ~ 5-30

Daughter of Jerry & Judy Olson



Terry Wayne Brown
7-13 ~ 5-27

Son of
Claudette Brown



Leah Zucca
9-3 ~ 5-10

Daughter of
Jim & Cheri Zucca



Melissa Elaine Majors
7-14 ~ 5-8

Daughter of
Janet Majors



Tiffeny Sue Hightower
3-31 ~ 5-12

Daughter of
Donna Hightower



Andrew Weldon Braswell
5-14 ~ 5-14

Son of
Chad & Sara Braswell





We need not walk alone.

“Memories of good times together recall the loss, but also can provide comfort and solace. It is natural for the bereaved parent to have both a strong awareness of letting go of the child and at the same time a strong sense of holding on.” —*Miriam Moss*

A Hug and Kiss from Me

You carried me inside you, for so many days; now that I'm gone, I have some things to say. I'm with you as you wake, and all through the night, I wish I could talk to you, reach and hold you tight. Now that I'm in Heaven, I have no pain or fear, I visit friends and family, do you feel me near? We share in all you say and do, so please remember this, close your eyes and think of me, and I'll give an Angels kiss. Please don't be too sad, for I am really happy here, even though when I think of you, I too shed a tear. But always think about the day, that we will meet again; practice your hugs and smiles until I see you then. I'll ask God to send a special blessing, of this I have no doubt; for we who come here before our moms, have a special clout. And on this year's Mother's Day, that is so soon to be, you'll feel a warmth from Heaven, a hug and kiss from me.

Dan Bryl

A Stranger—My Friend

I don't remember who, but someone called me to the phone that day. A lady said she didn't know me, but just wanted to say that she had lost her child, too, and would pray for my deep pain. My days that had been sunny were now filled with crashing rain.

Her voice was kind and soothing as she spoke to me with care. I grasped each word intensely that the stranger was willing to share. Her child died in a way similar to mine, a passenger in a car. She knew my shocking sorrow and recognized my new, deadening scar.

She said we have a mutual friend in the funeral director there, for he buried her child too and now mine—I could not bear. I cried and cried as she talked to me that sad, heartbreaking day. But she quickly instilled in my mind right then that crying was okay.

She briefly spoke of brighter days to come somewhere along the way. She assured me, too, that God was there if only I could pray. I don't remember all she said, my mind was far away, but I thank God for sending her, a stranger—my friend—that day.

She called me again a few days later to see if I was alive. Still in shock, I remembered her—the lady who has survived. Such grief, such devastating sadness, I was totally in despair. But my new friend called again, keeping me in her care.

We came to meet, this lady and I, in life's ungracious bend. I love her now, this total stranger, she's my Compassionate Friend.

Diana G. ~ TCF, Kokoma, IN

A Fable

There once lived a family who felt that they had been especially blessed by God. They had health, they felt secure in their love of God and their love for each other. On the mantel of their fireplace stood a vase. It was a strong, sturdy vase; attractive but not extravagant. It had been a wedding gift and to them, it symbolized their family. It had withstood the bumps of moving and toddlers' antics as the family had withstood the buffets and ordeals of life. The scars and chips could be detected on very close scrutiny.

The day the oldest son in the family died, the vase was found on the mantel, shattered into many pieces. No one bothered to gather up the pieces. It was left for some time in its broken condition on the mantel. After some time had passed, thought was given to putting the vase back together. Little enthusiasm was generated but eventually the task was begun. The family worked together, each adding a piece or a suggestion about getting it mended. Each one of the family members got discouraged and more than once one of them was heard to say, "It can't be done."

Finally, after many months, the vase was back in its normal place on the mantel. To the casual observer it looked strong and sturdy, and no one would guess it was less than perfect. But on closer examination, it obviously had been shattered and put back together, and on turning it around, one could see that one large piece was missing. It had never been found and served to remind the family that although their hearts could mend and heal, their lives would never be the same.

Jeanette I. ~ TCF, Topeka, KS





We need not walk alone.

“It is difficult, but we must allow ourselves to feel the pain of grief. It is normal to cry, to be enraged, to be confused and sad. But, we have found strength in sharing.” —*Marie Hofmockel*

Spring—A Time to Grow

After the snow, sleet and ice of winter, spring is a welcome season and one of the new beginnings. If you are like me, there is a feeling of elation as the sun slowly warms the earth. I eagerly search for the first buds. Perhaps it is a tree groaning with sap, sending new life to the branches or a tulip leaf bravely searching for warmth as it peeks above ground, but when it happens, I rejoice. Spring is here!

Now is the time to come out of hibernation, buy seeds, prune vines, and start afresh. This is symbolic of our lives, after we come through a period of winter in which loneliness and heartache plagued or stagnated us, we cherish each new glow of warmth. Or perhaps the winter of your life has been a time of contemplation and rest in which you felt you could catch your breath and relax. Whatever way we view the wintertime life, spring will come. New relationships develop projects that have overwhelmed us before we now have the energy and courage to begin. Volunteer work, making new friends, swimming, golf, tennis among other activities are all ways we can use to break the barrier that kept us immune to the rest of society in "our wintertime."

However spring may come, it requires work, and it is no different with our grief. In order to function again we need to break the soil, smooth out the rough spots and fertilize in order to see new growth. At times this may cause more hurt, but remember, just as in the garden, we will not see growth without special effort on our part; so it is in our lives. We need to cultivate and weed to encourage a healthy garden. The areas, which need fertilization, get special care, while other areas seem to grow smoothly without effort on our part. As we rejoice in the spring of the year, and in each new bud that appears, let's appreciate the good moments, and when hard or stagnant times come, affirm one another in love and share each other's joys and burdens.

Happy gardening to you all!

Lorraine W., Ann Arundel County, MD

When an Adult Child Dies

Who would want to think about the possibility of the death of their adult child? The reality of such a loss turns the world upside-down. Such a death is off time and unfair. Parents, particularly older parents, expect to die before their adult child. "Adult child" is a strange pair of words. When we think of a child, we tend to think of a very young person who needs care and protection, and who lives under the wing of parents. An adult is expected to be independent, live away from parents and have a family of his or her own. But an adult child, no matter how old, remains a child to the parent. The bond continues throughout adulthood, as both parent and child tend to see the other as important and caring.

The impact of the death of an adult child is profound regardless of how close or strained the relationship, or how far they lived apart, or whether the death was anticipated or sudden. Parents do not want or expect their child to die before they do. But it still happens, to too many middle-aged and older parents. It's been estimated that one in ten parents who are age sixty and over have suffered the loss of one of their children. When a middle-aged person dies, the surviving spouse and children are often considered the most important grievers. The older parent may be shown less concern by the doctor, the clergy, the hospice, family and friends. Yet, many people we have spoken with have said that the pain of the loss of an adult child can be more intense than the loss of a parent or of a spouse. There is such a special bond, the feelings of loss continue for a lifetime. For the older parent the death of a child is potentially compounded by other losses such as widowhood, retirement, poor health, loss of friends, and limited finances.

When a child dies the future looks different. In spite of the loss, hope for the future can build on the richness of the child's life. Bereaved parents may find solace in trying to fulfill some of the legacy of their child by setting up a memorial honoring the child and spending time caring for the people and things that the child treasured. Although time will pass and tears will lessen, the child who has died will always be part of the parent and surviving family. The image of the child persists. It is natural to wish the child back while at the same time you accept the death as real. As you mourn the loss, you treasure the meaning of the child's life. The tie with the child remains. Death cannot end a relationship. Birthdays, holidays and reunions tend to be bitter sweet as the sense of the presence of the child combines with the keen pain of absence. Memories of good times together recall the loss, but also can provide comfort and solace. It is natural for the bereaved parent to have both a strong awareness of letting go of the child and at the same time a strong sense of holding on.

Miriam Moss





We need not walk alone.

“Believe that when you are most unhappy there is something for you to do in the world. As long as you can sweeten another’s pain, life is not in vain.”
—Helen Keller

When I Must Leave You

by Helen Steiner Rice

When I must leave you
for a little while
Please do not grieve
and shed wild tears
and hug your sorrow
to you through the years

Start out bravely
with a gallant smile
and for my sake
and in my name,
live on and do
all things the same

Feed not your loneliness
on empty days,
but fill each waking hour
in useful ways

Reach out your hand
in comfort and cheer,
and I in turn
will comfort you
and hold you near

Never, never
be afraid to die,
For I am waiting
for you in the sky

Submitted by Cheri Zucca in memory of Leah Zucca

Those We Love

Those we love remain with us,
for love itself lives on.

And cherished memories never fade
because a loved one’s gone...

Those we love can never be
more than a thought apart.

For as long as there is memory,
they’ll live on in our heart.

Mary Alice Ramish

Love’s Remembrance

Tonight, I light a candle
for you, my beloved child.
And as your name is spoken aloud,
a testament that you lived,
I will gratefully remember, the clearness of your eyes
Your sweet newborn smell
Your kindness as you grew.
Your measured steps toward adulthood, cut short
many hearts filled with memories, your legacy.

Tonight, I light a candle
for you , my beloved child.
And as the room is lighted
by many candles fired with love,
I will remember not your death, but your life.
And in your candle’s warmth
I will pray that memories and love and eternity
will blend together,

bonding us forever, my beloved child.

By Elaine Madden
Andrew Madden’s mother
1978 - 1995

Dearest

Dearest, I still miss you,
Though another year has passed us by,
And I catch glimpses of you
From the corner of my eye.

I turn, on impulse, just to see
Someone I took for you.
There seems no valid purpose in
The things I used to do.

I wonder that the sun can shine
Or that the earth can turn.
I wonder how life goes ahead
When all I do is yearn...

For one more day, an hour, one touch,
Again, your blue eyes shining!
I realize my life is spent
In hours of earnest pining.

I will always mourn you,
Always miss your precious ways.
Always, I’ll be yearning for
Those dear, sweet, yesterdays.

My heart will never fly, again,
Until your face I see
And, always, you’ll be number one;
Most precious memory.

Joan Clifton Costner

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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