



# THE COMPASSIONATE FRIENDS



*We need not walk alone.*

Volume 10, Issue 11

Tyler, Texas

November 2009

## Monthly Group Meeting

### Tyler Area Meeting

Monday, November 16, 6:30 p.m.  
Bridging The Gap, 12872 Hwy. 155 S.

### Jacksonville Meeting

Tuesday, November 3, 6:30 p.m.  
Sam Smith's office, 1401 E. Rusk

### Lufkin Meeting

Thursday, November 19, 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 Leader .....Tina Loper  
Chapter Leader.....Pat Settle  
Newsletter/Web Site .....Mary 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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## Annual Candle Lighting Ceremony

Our Annual Candle Lighting Ceremony will be December 13, 2009 at Crossroads Community Church, 13730 Hwy 155 South, Tyler. The service begins at 6:30 p.m. Family and friends are welcome.



...that their  
light may  
always shine.

Light a candle for all children who have died.  
2nd Sunday in December, 6:30 p.m.

## Letting Go of the Pain

A few weeks or a few months after your child died, you will probably find yourself in a situation where you find yourself laughing or having a good time—then you think to yourself "How can I dare laugh or have any fun now that my child has died and I hurt so bad?" We've all had this feeling in the early stages of our grief, I urge you newly bereaved, PLEASE do not feel guilty about enjoying the happiness that comes with life. When you find yourself laughing and enjoying something in life, it doesn't mean that you have forgotten your child it just means that you are "letting go" of some of the pain. In all of our lives there will be tears and in all of our lives there should be laughter.

When people used to say to me "You must put it behind you and let go of your child and start living again." I wondered what they meant by "it." I would get very angry. How dare those people think I could ever "let go" of my child, or even want to but after a while I realized that I don't have to "let go" of my child in order to live again. I just have to "let go" of the pain that his death caused. His life will always be a part of me and so will his death; I'll never forget him, but I don't have to keep the grief and pain with me always. So if you see me cry, I'm "letting go" of some pain. And when you see me laughing or having a good time, I'm living life again.

*Verne S. ~ TCF, Fort Worth, TX*

## When Grief Is New—Reminders

Try not to imagine the future, take one day at a time. Allow time to cry, both with loved ones and alone. Don't shut others out from your thoughts and feelings. Share these difficult times. You may grow closer for it. Be realistic with expectations for yourself, family, and friends. When a good day comes, relish it. Don't feel guilty and don't get discouraged because it doesn't last. Take care of yourself, rest even if you don't sleep. Help your body to heal as well as your mind. Share your feelings with others at TCF meetings and let them share with you. You will find that as you begin caring about the pain of others, you will start to come out of your shell, a very healthy sign.

*Mary E. ~ TCF, Valley Forge, PA*

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.*

“You pick up your burdens and go on. Amazingly you have survived a blow more painful than anything you ever imagined. Even though you wish you could have died too, it slowly dawns on you that you must still live because after the first year—comes the second year.” —Liz Ford

## 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.”

## What Comes After Death?

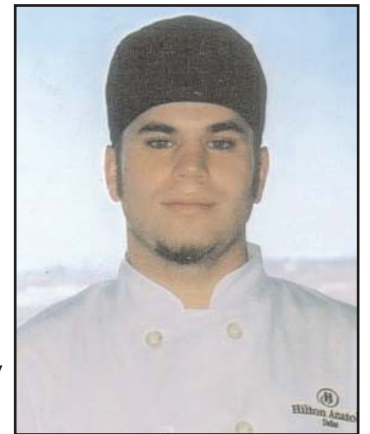
In the bottom of an old pond lived some grubs who could not understand why none of their group ever came back after crawling up the stems of the lilies to the top of the water. They promised each other that the next one who was called to make the upward climb would return and tell what happened to him. Soon one of them felt an urgent impulse to seek the surface; he rested himself on the top of a lily pad and went through a glorious transformation which made him a dragonfly with beautiful wings. In vain he tried to keep his promise. Flying back and forth over the pond, he peered down at his friends below. Then he realized that, even if they could see him, they wouldn't recognize such a radiant creature as one of their number.

The fact that we cannot see our friends or communicate with them after the transformation, which we call death, is no proof that they cease to exist.

*Reprinted from Staten Island, NY, TCF Newsletter.*

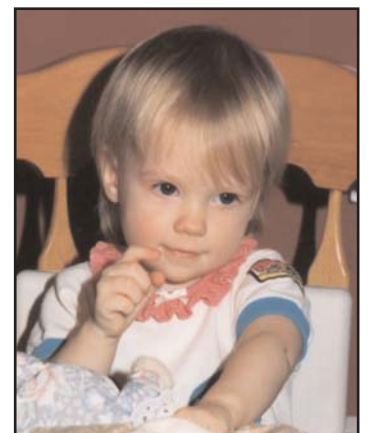
**This month's printing of our newsletter sponsored by Kathy McKinney**

**In honor & loving  
memory of  
Erik Scott McKinney  
11-26 ~ 8-16  
Son of  
Kevin & Kathy McKinney**



**This month's printing of our newsletter sponsored by Mary & Erin Lingle**

**In honor & loving  
memory of  
Candice Lingle  
2-21 ~ 11-8  
daughter & sister of  
Mary & Erin Lingle**



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



*We need not walk alone.*

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." —Margaret Mead

## Love Gifts



Tami Wooldridge in memory of Toni Wood

Janet St. Clair in memory of Brian

Mary Ann Girard in memory of Joe Maland

Jim & Cheri Zucca in memory of Leah

Dan & CeCe Brotton in memory of Missy Rogers

Herb & Sandy Parr in memory of Chris Parr

Lisa Schoonover in memory of Jake

Mr. & Mrs. Ronnie Norton, family of Scott Baker  
in memory of Clay Norton & Scott Baker

Mary & Erin Lingle in memory of Candice -  
Sponsoring the November newsletter

Kevin & Kathy McKinney in memory of Erik -  
Sponsoring the November newsletter



## Special Thanks!

**Thanks to Sam Smith & Scottie Garrison for sharing their music with us at our October music and dinner event.**

**Thanks to the following people who made generous donations at our music and dinner event:**

Michael Mahfood of Group M7

Mary Delaney in memory of Ryan

Cathy Loveless in memory of Jared Sheets

Rita & George Fryer

Melissa Granberry

Bill & Linda Hawkins

David & Teresa Terrell in memory of Andy

Herb & Sandy Parr in memory of Chris

Jim & Cheri Zucca in memory of Leah & all our children

Russell & Patricia Miller in memory of Shanna Redmond

Claudette Brown in memory of Terry Wayne

Don & Leslie Dixon in memory of Austin

**Thanks to Carol Thompson for hosting the October Steering Committee meeting at her home.**

**Thanks to Carol Johnson for hosting our 2nd-annual cookout and bonfire and to Bobby & Alison Cimrhanel for donating the meat for bonfire in memory of Jared Sheets.**

**Thanks to Cheri Zucca, Carol Thompson, Carol Johnson and Patricia Miller for helping with the assembly of the October newsletter.**

## 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](mailto:pdsettle@wmconnect.com) or [butterfly6@nctv.com](mailto: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. Nov. 2 is the final meeting in 2009. Call 903-258-2547 for more information.

**General Assembly:** Join us in November 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.

**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:** The Ceremony will be held again at Crossroads Church on Hwy. 155 South. Please consider volunteering this year.

**A Blue Christmas:** Often the holidays are less than joyous for many of us. Especially following losses, deaths, separations and illness, the festivities of the season are difficult. A Blue Christmas worship service—a service of caring, compassion and comfort—is scheduled for Monday, Dec. 21 at 6 p.m. at First United Methodist Church in Jacksonville.

**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, Bridging The Gap Ministries-Tyler meeting location, David & Teresa Terrell in memory of Andy-use of a storage building





*We need not walk alone.*

"To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness."  
—Erich Fromm

### November Birthdays



**Wade Goetze**  
11-29 ~ 10-28  
Son of Charlotte Nelson



**Rusty Welch**  
11-29 ~ 1-1  
Son of Travis & Martha Welch



**Nathaniel Bolom**  
11-6 ~ 11-27  
Son of Jane Manley



**Shane Crim**  
11-25 ~ 11-9  
Son of Dolly Mobley



**Christopher Jordan Pope**  
11-10 ~ 6-16  
Son of Edward & Brenda Pope



**Lindsey Stewart**  
11-6 ~ 4-2  
Daughter of Stephanie Stewart



**Mike Loughmiller**  
11-14 ~ 12-6  
Son of Suzanne Loughmiller



**Erik Scott McKinney**  
11-26 ~ 8-16  
Son of Kevin & Kathy McKinney



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



**Bobby Knott**  
11-6 ~ 4-24  
Son of Bobby & Virginia Knott



**Missy Rogers**  
11-23 ~ 07-21  
Daughter of Dan & CeCe Brotten



**Kristi Diaz**  
11-7 ~ 4-7  
Daughter of Julie Diaz



**Jill Tompkins**  
11-3 ~ 4-24  
Daughter of Karen Tompkins



**Mikel Conway**  
11-17 ~ 10-11  
Son of Viola Conway  
Brother of Margie Newman



**Lorie McLain**  
11-14 ~ 8-9  
Daughter of Sandy White



**Mary Adams**  
11 ~ 1-28  
Sister of Vicki Adams



**Austin Lane Phillips**  
11-8 ~ 11-8  
Son of  
Stacie Phillips Monteagudo



**Whitni Ray**  
11-16 ~ 12-22  
Daughter of Rachelle  
Threadgill Brooks

**So we fix our eyes not on what is seen  
but on what is unseen, for what is  
seen is temporary, but what is unseen  
is eternal. —2 Cor. 4:18**

**Submitted by Kathy McKinney  
in memory of Erik Scott McKinney**





*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 again.”  
—Eva Lager

### November Anniversaries



**Thomas 'Chuck' Carroll**  
6-2 ~ 11-13  
Son of Linda & Thomas Carroll



**Salvador Estrada**  
12-11 ~ 11-3  
Son of Charlotte Estrada



**Austin Lane Phillips**  
11-8 ~ 11-8  
Son of Stacie Phillips Monteagudo



**Shane Crim**  
11-25 ~ 11-9  
Son of Dolly Mobley



**Scottie Baker**  
8-3 ~ 11-29  
Son of  
Steve Baker & Julie Stokes



**Jonathan Reynolds**  
12-14 ~ 11-16  
Son of  
Addison & Debra Reynolds



**Nathaniel Bolom**  
11-06 ~ 11-27  
Son of Jane Manley



**Randy Cannon, Jr.**  
03-26 ~ 11-06  
Son of Randy Cannon, Sr.



**Candice Lingle**  
2-21 ~ 11-8  
Daughter of Mary Lingle



**Ijuan Simms**  
2-20 ~ 11-7  
Son of Sharon Simms



**Haylee Lee ~ 11-23**



**Cynthia Harper**  
2-27 ~ 11-16  
Daughter of  
Jackie & Roland Young



**Crystal Greene**  
8-6 ~ 11-13  
Daughter of Lory Greene  
Niece of Audrey & Claude Mapps



**Timothy Treadwell**  
4-1 ~ 11-23  
Son of Tammy Treadwell



**A.J. Langdon**  
10-16 ~ 11-14  
Son of Sue Langdon



**Calan Cameron Decker  
McKeethan**  
8-10 ~ 11-29  
Son of Mary Decker



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



**Andy Terrell**  
2-11 ~ 11-25  
Son of  
David & Teresa Terrell

#### Notice about Newsletter Birthdays & Anniversaries

We are following the new guidelines from TCF National regarding the publishing of our children's birthdays and anniversaries. While we will leave the year intact on our printed copy, we will remove the year on the online copy. Thanks for your understanding while we comply for privacy reasons.



*We need not walk alone.*

"Death ends a life, not a relationship. Let go of the pain and allow the memories to remain." —Robert Anderson

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## Grandpa's Baby

This fortress for the sick and broken was an intimidating structure. It was not the tallest or the longest but it was the most formidable. Dread would build bringing back memories of visits to the dentist, principals; office, jury duty. There were just some places you didn't want to go. There was only one other place more to be avoided and that was the one where finality reigned supreme and the occupants offered silent agreement. The last glance towards the edifice accompanied a final determined sigh to confront unknown outcomes within this most respected and feared house of hope and horrors.

The white walls against the white floors accented with white bed sheets wallowed in odors of antiseptic cleanliness. Bags of liquid hung on coat hanger devices connected with tubes. Assorted wires attached to digital machines displaying meaningless numbers to the ill informed. A jumble of knowledge, good intention, and directed functions occupied this atmosphere. It was as friendly as it was matter of fact routine business, a little of one and a lot of the other. Though the uniformed have purpose and necessity and scurry about accordingly they become part of the background of this real life painting of the little one at the heart of the portrait that is Grandpa's child.

Professional adults move in and out on missions of mercy and serious efforts to defy death. Standing by the glass partition and staring longingly towards the little one a grandpa's large hand trembles struggling for the hanky he has carried so faithfully as tears flow freely from older eyes that have now seen too much and now lived too long. The little boy he held in his arms so many years ago has a child that is very hurt. His son seems sad beyond repair and the grandfather leader of the family is so helpless to fix it like he has so many times before. His son's eyes tell him, beg him, to just fix it Dad. Work your magic and make it better worked before but now lies useless when confronted by the ultimate truth that even Dad or Grandpa can't repair everything.

The child that cannot talk inspires love that the heart can hear. Time and circumstance had not granted a final exchange of glances or words. The bond between Souls needs nothing to be recognized. The great questions that previously occupied adult contemplation become great folly. All of the king's horses and all of the king's men could not put this little one together again. Reality has changed the powerful into the pitiful. The father of the family could neither fix his grandchild's body nor replace his son's broken heart. The other great hand rose to the glass wall and pleading not pounding was the masculine great hands desire. Eyes closed as Grandpa spoke silently to no one but asked for help, a miracle, since he did not know how his family could survive without this most precious and special love.

The feather on his shoulder was a gentle human hand. This angelic touch conveyed soft reassuring warmth. Turning towards the owner Grandpa saw the young child's father and heard the words as unspoken as his grandchild's love. I love you dad filled the silent air. The two men hugged and with arms on shoulders adjusted their observation through their watery blur in the direction of their little one who taught them of true love once again.

*TCF ~ Livonia, Michigan Chapter*

"When we honestly ask ourselves which person in our lives meant the most to us, we often find that it is those who, instead of giving advice, solutions or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares."

*Henri Nouwen*





*We need not walk alone.*

“No matter where you are in your journey toward healing, bolster the hope that arises within you. Your healing is probably the best memorial you may erect to your dead child!” —*Robert Gloor*

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## Simple Steps Towards Healing

Acknowledge the loss; embrace and own the experience and the loss whatever you are feeling; allow yourself to experience all the emotions of grief; find ways to express your anger and pain in non-destructive ways; find support; build a support system of compassionate listeners; skip the self-judgment; let the judgment of others pass through you without damage; forgive yourself for whatever you believe you have done or not done; release the hurt, the anger and the guilt; be careful what you release; once released those things are gone forever; work towards healing; practice forgiving yourself for living; concentrate on your loved one's life, not the death; discover the person you are now; begin to release the hurt in search of hope; never, ever, ever forget your loved one lived.

### **Making Progress Through Grief**

You know you're making progress through grief when; you don't always choke when you say your loved one's name; tears don't always well up in your eyes when you think of your loved one; the cause of death isn't the emphasis anymore; memories, for the most part, bring comfort not pain; you realize your plans don't include your loved one any more; you realize you are someone different; you can forgive yourself for living, when your loved one did not; your identity is no longer highlighted by the word Bereaved; you know that even though your loved one died, the love between you can never be destroyed; may love be what you remember most.

*Darcie Sims*

## The Meaning of the Leaf and Tear Drop

You might have seen this on cards, framed prints, jewelry. The leaf and teardrop symbolize the love and grief that families and loved ones feel when someone dies.

They reflect both the intense suffering of loss and hope for the future. The leaf, though fallen, is green with upturned edges, symbolizing hope. It floats in a pool of moving water, symbolizing there is movement in grief and hope for the future.

Colors range from a very deep purple, which represents intense sadness, to a much lighter and pale shade, symbolizing light and hope for the future. The drop on the leaf may be either a dew drop or a tear drop—meant to be whatever the person looking at the picture wants it to be.

The overall theme is that grief, as in nature, there are cycles and movement. As seasons change, so do feelings. There is water and there are tears, there is winter and there is spring, there is sadness—and then is hope.

*TCF, Greater Omaha Chapter*

## Tips for Creative Coping

Identify specific feelings; do not generalize. Acknowledge your thoughts; accept both the positive and the negative. Together we'll share it, together we'll bear it, and together we'll see it through. Make a conscious attempt to regain a sense of humor; a zest for living. Figure out exactly what you want to do and do it! Become as informed and knowledgeable as possible; knowledge is power. Assert yourself; ask for what you need. Believe in yourself; listen to yourself. Engage in whatever exercise and activity as possible. Set small goals first; accomplish them; set bigger goals. Set specific dates with yourself to do something you like. Reach out to others. Focus on only one worry at a time; pick your worries; don't worry about worrying. Search for joy every day; insist on it! Try to retain a sense of perspective. Remember that life requires effort on your part; work at lifting depression one day at a time; know some days all you can manage is one minute at a time. Don't wait for happiness; make it happen now; this is it! Realize that love isn't enough, but nothing works without it. Don't forget to dream; practice it often. Be kind to yourself; learn to forgive yourself. Laugh at least once a day. Listen to everyone, but follow your own music. Hug someone often; hug yourself.

*Darcy Simms*





*We need not walk alone.*

"We had in our lives a person whom we loved and cherished and who loved and cherished us for twenty-seven years. We are lucky to have shared a large part of our lives with such a wonderful person. Our only logical choice now is to do our best to create happiness again." —*Scott Mastley*

## Don't Think I Do Not Grieve

Don't think I do not feel;  
because you see no tears.  
A river rages deep inside  
of grief, and loss, and fears.

Just because I do not cry now,  
don't think my heart's not broken.  
I keep inside the misery  
of words not to be spoken.

Sometimes I smile, or crack a joke,  
so you won't see the pain;  
or notice how my hands will shake,  
or how I've gone insane.

Each time I chance to think of her,  
my heart is ripped asunder.  
The loss I feel is mine alone.  
you will not see my thunder.

*Brenda P. ~ TCF, Jackson, MS*

## At First

At first  
my very name was grief.  
My eyes saw only grief,  
my thoughts were grief...  
And everything I touched  
was turned to grief.

But now  
I own the light of memories.  
My eyes can see you,  
and my thoughts can know you  
for what you really are:  
more than a young life lost,  
more than a radiance  
gone into night.

Today you have become  
a gift beyond my grief,  
a treasure to my world—  
though you have left my world  
and me behind.

*Sascha*

## A Little Farther Down the Road

*By Alan Pedersen in memory of his daughter,  
Ashley Marie Pedersen*

I know those tears you're crying.  
I've been in your shoes.  
You feel like there's no use in trying,  
Like there's nothing left to lose.  
You take one step forwards,  
Move two steps back.  
You may not see it now  
But it won't always be like that.  
A little farther down the road,  
You'll see the sun again.  
A little farther down the road,  
You'll look back at where you've been.  
You'll see how far you've come  
And you'll find the strength to go  
A little farther down the road.  
This journey is not easy.  
It's a winding road  
Filled with twists and turns.  
You can make it, believe me.  
In time you'll learn  
Your greatest love comes  
From your deepest pain.  
And there's power in that love  
To help you rise again.  
A little farther down the road,  
You'll see the sun again.  
A little farther down the road,  
You'll look back at where you've been.  
You'll see how far you've come  
And you'll find the strength to go  
A little farther down the road.

## Early Grief

I feel a lightless void inside  
It has no name.  
I know that others  
Say I am in grief.  
But for me,  
It is without a name,  
A mortal distress  
Beyond words.

*Sascha Wagner*



# The Compassionate Friends of Tyler

P.O. Box 9714  
Tyler, TX 75711

We are happy to send our newsletter to you. We hope that it is helpful to you to be kept informed of chapter resources and activities and that you still wish to receive our newsletters that contain excellent material relating to grief issues.

To keep our mailing list current, we do ask to hear from you each year making sure that our information is correct and that you still wish to receive our mailings. If we did not hear from you in the last year please indicate any appropriate choices below and return the form to the address at the bottom of this page.

Your Name: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Death Date: \_\_\_\_\_ Cause of Death: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please check any of following that apply.

Please continue sending the newsletter.

No thank you, I'd prefer to stop receiving the newsletter. (Newsletters are posted monthly on our Web site.)

Please include my child's name and picture in the slide presentation at the Candle Lighting Ceremony.

Please include my child's picture and information on the TCF Tyler Web site. ([www.TylerTCF.org](http://www.TylerTCF.org))

I am enclosing a memorial to support The Compassionate Friends in the amount of \_\_\_\_\_  
Please make check payable to TCF

In memory of \_\_\_\_\_

## Please use this gift for:

TCF Newsletter  Butterfly Release  Candle Lighting  TCF Events  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  
Tyler, Texas 75711



*We need not walk alone.*



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