

Thanks to Skillern's Business Systems for printing our newsletter!

Skillern's Business Systems 1604 Grande Blvd., Tyler, TX 75703 (903) 561-5591 • www.skillerns.com









Volume 16, Issue 11

Tyler, Texas

November 2015

Monthly Group Meeting

Tyler Area Meeting
3rd Monday of Each Month
1901 Rickety 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

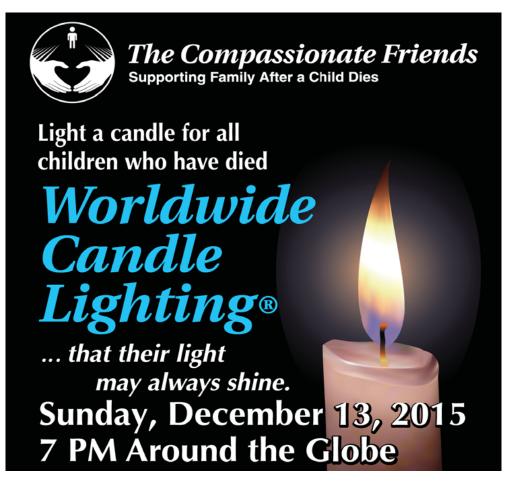
The Meeting Agenda

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.

In This Issue...

Welcome2
Grief Resources2
Announcements3
Birthdays4
Anniversaries5-6
Feed the Cat?6
New Traditions7
I Am Your Sister and Always Will Be8
Thanksgiving8
The Brain Must Follow the Heart8
The Broken Chain8
Newsletter Sponsor9
Poems 10



Annual Candle Lighting Memorial

Our Annual Candle Lighting Ceremony will be Sunday, Dec. 13, 2015 at Crossroads Community Church, 13730 Hwy 155 South, Tyler. The service begins at 6:30 p.m. This year canned food for the food pantry at our host church as well as new toys will be collected at the Candle Lighting. This is a great way to meet and get to know the members of The Compassionate Friends. Getting involved will likely help you as well as the other members! Everyone is needed and welcomed! Please consider bringing a finger food of your choice. We need everything from sandwiches and chips to sweets and drinks. Your contribution will be appreciated and enjoyed on this special evening. If you would like to help with the Candle Lighting set up, Saturday, the day before the event, take down and anything in between, please call the TCF line at 903-258-2547. Thank you!

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.



"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."

The Compassionate Friends

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 the second Thursday of each month from 6-7 p.m.



We're on Facebook! Search for The Compassionate Friends of Tyler and Like our page.



Vous Nama

(Signature)



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.

Tour Name.				
Child's Name:	Relationship:			
Birth Date:	Death Date:	Cause	Cause of Death:	
Address:				
City:		State:	Zip:	
Home Telephone:				
E-mail:				
Please check any of following	ng that apply.			
☐ Please continue sending	the newsletter.			
☐ No thank you, I'd prefer	to stop receiving the newsletter. (N	Newsletters are posted mo	onthly on our Web site.)	
☐ Please include my child'	s name and picture in the slide pres	sentation at the Candle L	ighting Ceremony.	
☐ Please include my child'	s picture and information on the To	CF Tyler Web site. (www	.TylerTCF.org)	
☐ I am enclosing a memori	al to support The Compassionate I	Friends in the amount of_		
☐ In memory of			Please make check payable to TCF	
Please use this gift for: \Box	TCF Newsletter 🖵 Butterfly Rele	ase 🗖 Candle Lighting	☐ TCF Events	
	apter's work depends on donations. Insider taking this time to give a gif	•	opportunity to give a donation in memto other newly bereaved parents.	
Lighting Ceremony or any	•	be withdrawn at any time	by written request. This information is er activities such as the newsletter.	
			Date:	

Please return completed form to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, TX 75711

How well are you doing with your grief? "If I were doing well with my grief, I would be over in the corner curled up in a fetal position crying, not standing here acting like no one has died." —Doug Manning

We need not walk alone.

"Grief knits two hearts in closer bonds than happiness ever can; and common sufferings are far stronger links than common joys." —*Alphonse de Lamartine*

November Birthdays







Randall Thorton, Jr.



Nathaniel Bolom







Mike Loughmiller



Brandon Whitfield





Erik Scott McKinney



Aaron Yarbrough





Patricia Ann Edwards









Rayvn Caldwell







Haylee Lee

Brytnie Leah Stithem







Gaaron Hicks



Bridgette Munson





"In the art of losing we can choose who we will be. We break, but we break open so that we can include more of life, more of love. We get bigger in order to carry with us what we choose to continue loving." —Deborah Morris Coryell



In loving memory of Andy

David & Teresa Terrell

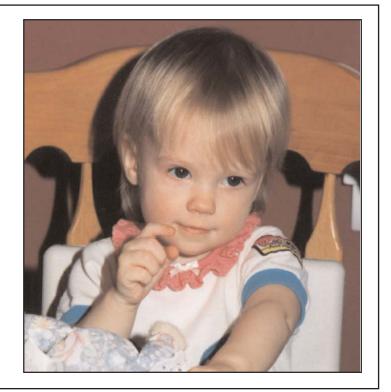


This month's printing of our newsletter sponsored by David & Teresa Terrell. Call (903) 258-2547 to sponsor a monthly newsletter.

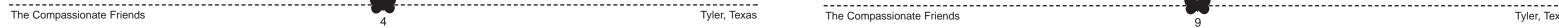
Candice Lingle

In loving memory of Candice

Mary & Erin Lingle



This month's printing of our newsletter sponsored by Mary & Erin Lingle. Call (903) 258-2547 to sponsor a monthly newsletter.





"Grief ebbs but grief never ends. Death ends a life but death does not end a relationship. If we allow ourselves to be still and if we take responsibility for our grief, the grief becomes as polished and luminous and mysterious as death itself. When it does, we learn to love anew, not only the one who has died. We learn to love anew those who yet live." —Julius Lester

November Anniversaries Cont.





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

Michael Chapman

In loving memory of Claudette and Terry Brown by Charlotte Brown





In loving memory of Doug Bennett by Ronald & Beth Bennett





In loving memory of Claudette Brown—a TCF of Tyler member and supporter. Mrs. Brown went to be with her Lord on Tuesday, September 29, 2015. She was preceded in death by her son, Terry Wayne Brown and was a great friend to TCF of Tyler with her generous donations in memory of Terry Wayne. She will be greatly missed by all who knew and loved her.



Feed the Cat?

My son is dead—and you expect me to feed the cat? Isn't it amazing how society is so rigid in their expectations? There are rules you know...steps we must all take..." Whoever set these standards obviously has never lost a child, the core of your heart and soul. It just doesn't work that way.

Simple every day tasks are impossible to complete. The only constant in your upside down world is pain, unlike any pain you have ever known. Shortly after your child's death, you are expected to return to your job, take care of your household, pay the bills, and yes, feed the cat! It has been a year for me, since I lost my son, and I still go blank mid act. I stand in a store with no idea what I came in for, or I cry over bananas because Lee loved them. I can go from laughter to tears in 1.1 seconds.

The Compassionate Friends has been a life saver (or perhaps a heart saver) for me. Only those who have experienced the same heartache will understand when you say I need to be alone, but I can't stand to be alone! Each grieving parent must heal in his or her own way, in his or her own time. One step forward, 15 back, spin around and start over, only to repeat the same progress, one step forward, 15 back, spin around... You get the picture. But you don't have to heal alone. You need not walk alone. Join us, we know you're not crazy—just a grieving parent. We do care.

Ann, TCF Roseburg, OR

The Compassionate Friends





"The dreams of lifetimes die when children die. The hurt is often nearly unbearable. But if we allow ourselves the freedom of grief and sorrow, we also open the paths of new happiness and new hopes and new dreams. And the child who was a part of us will live in our memories and our hearts." — from We Need Not Walk Alone

New Traditions

New traditions are now permanently woven into the fabric of our lives. The catalyst for these traditions is not a happy addition to our lives; indeed, the catalyst marks a traumatic loss in our lives. That subtraction comes in the form of the death of our child.

The finality is crushing. This overwhelming loss has redefined each of us, changed our perspective forever and brought us close to the abyss of insanity. The new traditions gradually pull us back from the abyss and may eventually provide a sense of comfort, serenity and peace. And so in June we remember our children. We communicate with them, via a note from our hearts, written on a butterfly shaped paper and tied to balloon. We, the parents of the dead, gather and listen to a poem about our collective and individual loss. We the parents of the dead experience the haunting bagpipe as it fills our senses with the sound and the meaning of Amazing Grace. We, the parents of the dead, once again stand together and remember our children. We speak to them. Our butterfly messages become kisses on the wind as our balloons ascend into the sky, floating southward, floating higher and higher until, we imagine, our children can reach out and grab each message and read it and know that we love them deeply and miss them every day and every night. This is our tradition. Each of us views it from the depth of our souls; our love of our children is demonstrated openly as we weep without shame for the loss we have experienced.

A significant part of each parent died when our children died. Yet, a crucial part of each child lives in the hearts of every mother and father. Neither time nor death will erase that bond. It is solid, it is pure and it is forever.

We hope that one day we will each make some sort of peace with this monster, this nightmare, this void, this pain. We hope one day to heal our open wound but know we will always carry an invisible yet deep scar. The worst loss a person can ever experience has been thrust upon us. The only change will come from within each of us. We may one day feel a serenity that comes only through pure love, pure kindness and pure understanding. We will learn to remember yesterday, live today and anticipate tomorrow. And we will always have our new traditions—traditions that are now part of who we are, where we have been and where we are going in this life. Our traditions remind us that our children lived, laughed and loved. We linger in the moment for that is all we have.

Annette Mennen Baldwin

I Am Your Sister and Always Will Be

"I am your sister and always will be." That's how Susie signed her cards to me. After a while, she shortened it to, "I am..." And of course I knew the rest of it Susie was two and one-half years younger than I. She was alive one evening talking on the phone to Mom about the Oscars and to Dad about moving. The next day she was found. Whatever it was—it ended her life and changed mine forever.

There was a wonderful side of my sister that I didn't pay enough attention to. She was a kind and loving person, always ready to shelter lost animals and lost souls. When she was in a good mood, her smiles warmed my heart. Yet I spent most of my life wishing that things were different—wishing that she thought more of herself, wishing that she would take my advice, wishing that she were happier, wishing that we could accept each other.

Now, for two years, I've done nothing but wish she were here so we could have another chance to work at our relationship. Now, I wish that I had been able to give her my unconditional love and support. (She needed it and deserved it.) Now, I wish that I could have been with her that night so she would not have been alone. Now, I wish that I would have held her in my arms and told her how very much I loved her. Because, Susie, I am your sister and always will be.

Michele Walters, TCF Baltimore, MD

The Compassionate Friends Tyler, Texa

"Life can become good and whole and complete once again, not when we try to fill up the empty spaces left by loved ones no longer within hug's reach, but when we realize that love creates new spaces in the heart and expands the spirit and deepens the joy of simply being alive." —Darcie Sims

Thanksgiving

You may ask, "What do I have to be thankful for now that my child is dead?" After the death of a child, where is the joy in a day off from work? What pleasure can we derive from sitting around a table when someone is missing, and an uttered prayer of thanksgiving echoes hollow in our hearts?

Maybe we have been concentrating on the loss which has brought the overwhelming sorrow of death, and have forgotten the complete joy of life. When I remember laughing brown eyes, a mischievous grin, a scraped knee that Mommy could fix, a new word learned, even the memory of the realization that I had a baby boy, I have a great deal to be thankful for. I had 1 1/2 years of a dream come true, and I'm truly thankful I had my child.

Sure, the agony of grief, the anguish of losing my precious child to death, the torture of wanting to see that child grow and mature and the pain of never knowing, rips me up.

There is no Thanksgiving in entertaining these thoughts, so this month I am going to concentrate on the Living of my child, The Life that brought me so much joy. In this I am thankful that Evan was born, thankful that he lived, thankful that even for those short 30 months—I lived them too. Even so, as he lived once, I live now and want a productive life.

I am thankful I have come that far in my grief work to know I want to live and remember the good times without sorrow. And, I am thankful for my husband, who stood by me during the rough times. The husband who is the father of the child of our love. In him I have found my child, in our marriage I have found love, and that love taught us how to love that child. I am also thankful for you, my real friends—Compassionate Friends.

Edie Kaplan, TCF Ft. Lauderdale, FL

The Brain Must Follow the Heart

Some survivors try to think their way through grief.

That doesn't work.

Grief is a releasing process, a discovery process, a healing process. We cannot release or discover or heal by the use of our minds alone. The brain must follow the heart at a respectful distance.

It is our hearts that ache when a loved one dies. It is our emotions that are most drastically affected. Certainly the mind suffers, the mind recalls, the mind may plot and plan and wish, but it is the heart that will blaze the trail through the thicket of grief.

Carol Staudacher in A Time to Grieve: Meditations for Healing After the Death of a Loved One

Submitted in memory of Christopher Pope Brenda Pope, TCF Tyler, TX

We little knew that God was going to call your name. In life we loved you dearly, in death we do the same.

It broke our hearts to lose you, you did not go alone, for part of us went with you, the day God called you home.

You left us peaceful memories, your love is still our guide; and though we cannot see you, you are always at our side.

Our family chain is broken, and nothing seems the same, but as God calls us one by one, the Chain will link again.

Author Unknown





"I am learning that 'Helping is Healing' and the more I give the more I seem to get back. More gifts arrive as I become able to speak and write about my journey." -Rick Mirabile

November Anniversaries



Thomas 'Chuck Carroll



Salvador Estrada



Erika Stafford



Shane Crim





Scottie Baker



Jonathan Reynolds



Cameron Lee Robinson



Austin Lane

Phillips

Nathaniel Bolom



Randy Cannon, Jr.



Patricia Ann **Edwards**



Candice Lingle



Iiuan Simms



Ty Foster Mabry



Ronald Gary Smith







Timothy Treadwell



Justin Goodman



Michael Ritchie





A.J. Huggins



Decker McKeethan



Brooke Wallace

Lillian Oldham



Andy Terrell

Zi'lain Cummings



Pharaoh Lydia



Burke Warren Lewis

Britney Trahan





Bridget Munson



Carolyn Love





The Compassionate Friends



"We quickly find there are no words to describe the experience of losing a child. For those who have not lost a child, no explanation will do. For those who have, no explanation is necessary." —*Mary Lingle*

The Piano Sits Silent

I etch her name in the dust. Run my hands over the keyboard, too long untouched by the pianist; The one no longer physically here, who played the songs, badly at times, yet unstoppable in her need to make music. As if it was her mission to get it right. As if she knew there was little time to master the melody. So she played and played. Melancholy tunes that spoke of lives gone too soon. I would call to her. "You're playing too loud, I can't hear myself think." If I could just take back those words, for I long to hear my beloved child play the music, that once rang through these halls. Those uneven strains would be the sweetest music to my ears. I touch the ivories and hear the foreign sound of this long silent instrument. And remember my precious child, remember the joy her efforts brought her... Remembering, remembering.... Though my tears fall gently, my heart smiles as I recall the sweet sounds of her life. And even as the piano sits silent, My memories resound and I recall the love, always the love.

Cathy Seehuetter, TCF St. Paul, MN

Sweet Remembrance

Let fate do her worst; there are relics of joy,
Bright dreams of the past, which she cannot destroy;
And which come in the night-time of sorrow and care,
To bring back the features that joy used to wear.
Long, long be my heart with such memories filled,
Like the vase in which roses have once been distilled;
You may break, you may ruin the vase, if you will,
But the scent of the roses will hang 'round it still.

T. Moore

Words from Heaven

We weren't ready yet to say goodbye,
And if only we could hold each other
Just for one more hour
I would wipe all the tears from your eyes.

If I could say one thing to you it would be,
Mom, Dad, Brother, please don't worry about me.
I'm in a place so great I can't begin to explain
A place where I wish everyone could come and see

Momma, when you think of me don't cry,
Cause you would smile so big if you saw me now.
I have asked the Lord to take your pain away,
And give you all peace somehow.

The hardest thing was leaving that day in the room, But I was needed by God, even more than you. Know always that I will be here in this beautiful heaven, Waiting on the day when I will see you.

John Pope

First Thanksgiving

The thought of being thankful fills my heart with dread.
They'll all be feigning gladness, not a word about her said.

These heavy shrouds of blackness enveloping my soul, pervasive, throat-catching, writhe in me, and coil.

I must, I must acknowledge, just express her name, so all sitting at the table, know I'm thankful that she came.

Though she's gone from us forever and we mourn to see her face, not one minute of her living, would her death ever replace.

So I stop the cheerful gathering, though my voice quivers, quakes, make a toast to all her living. That small tribute's all it takes.

Genesse Bourdeau Gentry from Stars in the Deepest Night— After the Death of a Child



"We never stop and ask ourselves who said we have to keep busy, that crying is weakness, that talking about our deceased child is morbid, that we must think only of the good memories, or that time heals all wounds. We just take societal dictates as truths. They are not!" —Margaret Gerner

.__________

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.)

Merri Walsh in memory of Chris O'Leary - rent
Martha Lewis in memory of Burke - 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
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 email 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

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

Announcements

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 1901 Rickety 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.

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.

Sixth and Final Quilt

We are compiling names and photos for the 6th and final quilt. Please mail your \$25 donation for a square, child's name, and make sure we have a quality picture of your child that will show up well. This will be the last quilt for our chapter so please let us know quickly as we anticipate the list of 30 will fill up fast. David and Teresa Terrell have generously donated their time and talent for the completed quilts and are no longer able to physically continue. You can mail your donation to TCF Tyler PO Box 9714 Tyler Texas 75711, please note on your check what it is for. Photos or questions can be emailed to lilbluebutterfly6@gmail.com.



