



# THE COMPASSIONATE FRIENDS



*We need not walk alone.*

Volume 11, Issue 9

Tyler, Texas

September 2010

## Monthly Group Meeting

### Tyler Area Meeting

Monday, September 20, 6:30 p.m.  
12949 C.R. 42 (McDougle Rd.)

### Jacksonville Meeting

Tuesday, September 7, 6:30 p.m.  
Sam Smith's office, 1401 E. Rusk

### Lufkin Meeting

Thursday, September 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  
Meeting Facilitators .....  
Don and Leslie Dixon, Cheri Zucca  
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, 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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## Everyone can master a grief but he that has it.

—William Shakespeare

We are usually our own best judge of what we need to be doing as grievers.

To be sure, we could often use a nudge from friends—if we're being too reclusive, for instance. Or maybe we need professional counsel, if we know we're just not doing well at all.

But we don't need to take seriously the comments of probably well-meaning but ignorant folk who imply that we are being indulgent or weak in not "getting over it by now"—whether "now" is six months or six years after the loss has occurred. Every grief has its own timetable, which only the griever knows. And usually the journey through grief is slow and often delayed.

Someone once said it takes seven years to adjust to the loss of someone close. So there's no need to apologize if after many months we are still finding grief a major preoccupation. And there is nothing to be ashamed of if a particularly poignant moment reduces us to tears a very long time after our loved one has died.

What to reply when someone says, "It seems to me you should be getting over that by now?"

How about the above quote from Shakespeare? Not only is it an appropriate response, but you'll seem quite the scholar as well!

*From Healing After Loss; Daily Meditations for Working Through Grief* by Martha Whitmore Hickman

## I Never Believed ...

I never believed I would see another season change with gladness. I never believed I would see the world again without the haze of tears. I never expected to actually laugh again. I never felt my smile would return and feel natural on my face. I never hoped for another day when I would not want to die. I never envisioned a world that could again be bright and full of promise. I believed that all that had passed from me the day he died and went away, never to return. But I was wrong, and I know that in the fullness of your grieving, you too will come to understand that life goes on—that it can still have meaning—that even joy can touch your life once more.

*Don Hackett ~ TCF*

**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.*

“Although your grief journey is distinctly yours, you can look at those who have walked before you for guidance, and put a hand out behind you for the one who comes next.” —Carol Thompson

## 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.”

## Thank You

In this universe all our children still exist. They must exist—so many mysteries--so much space and time. The tapestry of so many lives—so much to learn to behold. Well, they did not die, but transformed into a mystery.

The universe is mental, held in the mind of God.

Love, Deric Bennett ~ TCF, Tyler, TX

## 3rd Annual Bonfire

Please make plans to attend our bonfire in September at Carol Johnson’s home. The address is 14482 CR 472, Tyler. Directions: From N Loop 323 take Hwy 69N towards Lindale. Cross under Interstate 20. Take the first road to the left, CR 472 (by Taco Bell). It will dead end at Wood Springs Rd and you will take a right. The first left is CR 472. Again, take the left and we are the second house on the right. Our driveway is the third one with pine trees along the drive. Carol will have butterflies out so you’ll know you’re in the right place.

*Our condolences to Mary Delaney  
on the loss of her mother.*



This month’s printing of our newsletter sponsored by Carol Thompson.

In honor of and in  
loving memory of my  
sweet daughter,  
**Sarah Kathryn**

**Thompson**

1-3 ~ 9-8

Daughter of  
**Carol Thompson**



Thanks to Carol for  
sponsoring our rent and  
newsletter for the month  
of September.



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



*We need not walk alone.*

"Mourning is one of the most profound human experiences that it is possible to have. The deep capacity to weep for the loss of a loved one and to continue to treasure the memory of that loss is one of our noblest human traits."  
—Shneidman

## Love Gifts



Mona Anderson in memory of T.J. - donation for our September bonfire

Clay & Tammie Williams in memory of Grant

Regina Davis in memory of Ashley and J.D. Adams

Carol Thompson in memory of Sarah - sponsoring the newsletter, September rent & paper donation

Janet St. Clair in memory of Brian

Doris Paar in memory of Sarah Thompson



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

Jim & Cheri Zucca in memory of Leah

Don & Leslie Dixon in memory of Austin

Lisa Schoonover in memory of Jake

Tina Loper in memory of Christopher

Danny, Pat & Stephen Settle in memory of Stephanie

## 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

**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 our new meeting location. 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: 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.

**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.

**Bonfire Sept. 2010:** We will hold our 3rd Annual Bonfire at Carol Johnson's on September 25. See page 2 for more info and directions.

**Holiday Food Donations for Lack's:** We have a box at our new meeting location for non-perishable items.

**The American Foundation for Suicide Prevention** Out of the Darkness walk will be held on Saturday, November 6th. This is a remembrance walk for anyone who would like to participate. More details to come.

**Annual Candle Lighting Ceremony:** Our Annual Candle Lighting Ceremony will be December 12, 2010, at Crossroads Community Church, 13730 Hwy 155 South, Tyler. The service begins at 6:30 p.m. Family and friends are welcome.





*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

### September Birthdays



**Justin Dover**  
9-14 ~ 8-15  
Son of Stacey Dover



**Chad Cavazos**  
9-24 ~ 4-20  
Son of Dale & Phyllis Cavazos



**Jon Lee Hardwick**  
9-29 ~ 5-7  
Brother of Vicki Johnson



**Theresa Kay Talley**  
9-16 ~ 12-20  
Daughter of W.A. & Ruby Talley



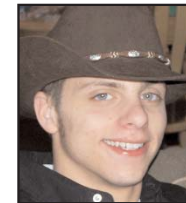
**Robert Attaway**  
9-11 ~ 9-11  
Grandson of Nancy Cooke



**Shantrice Willingham**  
9-11 ~ 9-11  
Daughter of Thelma Washington



**Michael R. Peymon**  
9-18 ~ 1-2  
Son of Tom & Sharon Peymon



**Austin Hague Cheek**  
9-2 ~ 8-3  
Son of Tracey Bales



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



**Stacey Smith**  
9-8 ~ 10-4  
Daughter of Sam Smith



**Leah Zucca**  
9-3 ~ 5-10  
Daughter of Jim & Cheri Zucca



**Betsi Marie Wyatt**  
9-4 ~ 1-3  
Daughter of Ricky & Linda Wyatt



**Joshua Jolley**  
9-29 ~ 5-12  
Son of  
Brenda Jolley



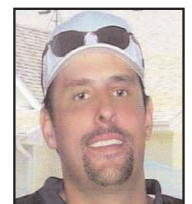
**Douglas Johnson, Jr.**  
9-24 ~ 3-18  
Son of Douglas  
& Shelley Johnson



**Amanda Claire Miller**  
9-11 ~ 10-17  
Daughter of  
Joanne Williams



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



**Aaron Willman**  
9-23 ~ 8-12  
Son of  
Robin Mitchell



**Samantha Johnson**  
9-23 ~ 5-13  
Daughter of  
Dennis & Vicki Johnson



**Adam Thomas Pritchard**  
9-21 ~ 2-21  
Son of Thomas &  
Ginger Pritchard



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



**Jake Schoonover**  
9-15 ~ 10-29  
Son of  
Lisa Schoonover



**Lee Sammons**  
9-4 ~ 12-10  
Son of Martin  
& Martha Sammons





*We need not walk alone.*

“Laughter is not a sign of ‘less’ grief. Laughter is not a sign of ‘less’ love. It’s a sign that many of our thoughts and memories are happy ones. It’s a sign that we know our dear one would have us laugh. It’s okay to laugh.”

—Marianne Waite

### September Anniversaries



**Tim Cole**

4-15 ~ 9-15

Son of Mary Miller (deceased)



**Cindy Dingler**

10-18 ~ 9-6

Daughter of Lynda Hanna



**Cason Gimble**

10-21 ~ 9-9

Son of Lynn & Kalisa Gimble



**Jonathan Lee Daniel Sanders**

1-4 ~ 9-8

Son of Lisa Dunford & Donald Sanders



**Stephanie Harris Reed**

5-18 ~ 9-5

Daughter of Rick & Susan Harris



**Amanda Stone**

3-25 ~ 9-7

Daughter of Glenn & Mary Kay Stone



**Joshua Brandon Wilcox "Josh"**

3-17 ~ 9-7

Son of Melanie Wilcox



**Michael Angelo Perez**

5-16 ~ 9-28

Son of Victoria Gonzalez



**Mary Jennifer Stone**

2-22 ~ 9-21

Daughter of Dick & Denise Stone



**Toni Wood**

3-10 ~ 9-29

Daughter of Tami Wooldridge



**Ashlee Ann Davis**

8-27 ~ 9-4

Daughter of Regina Davis



**Cameron Weatherly**

7-3 ~ 9-25

Son of Ike & Diana Weatherly



**Shantrice Willingham**

9-11 ~ 9-11

Daughter of Thelma Washington



**Robert Attaway Jr.**

9-11 ~ 9-11

Grandson of Nancy Cooke



**A.J. Frazier**

12-29 ~ 9-18

Son of Leslee Frazier



**Cobin Frazier**

7-2 ~ 9-18

Son of Leslee Frazier



**Sarah Thompson**

1-3 ~ 9-8

Daughter of Ted & Carol Thompson



**Jared Sheets**

5-14 ~ 9-27

Son of Carol Johnson



**John Shade**

7-9 ~ 9-29

Son of Julie Clifton



**D Anriloten Bennett-EI**

6-29 ~ 9-28

Son of Deric Bennett





*We need not walk alone.*

“Sometimes our light goes out but is blown into a flame by another human being. Each of us owes deepest thanks to those who rekindle this light.”  
—Albert Schweitzer

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## Commercial Italy

Almost every morning on my way to work, I hear a radio commercial that brings the same thoughts to mind each time that it's played. The commercial advertises a trip to Italy that the announcer and his wife are sponsoring in the fall. He's obviously been to Italy several times and, having thoroughly enjoyed his past trips, he highlights in inviting detail the planned destination stops, the delicious meals along the way and the non-scheduled leisure time the trip offers. Encouraging listeners to sign up for the trip, he says that he can't wait to "share" Italy with us, his prospective future fellow travelers.

This perfectly fine commercial for which I have no criticism interests me. It intrigues me that the announcer wants to "share" Italy with us. He thinks, rightfully so in my own case, that it's a trip that none of us have made before. It's like he himself owns Italy and he wants to gift us a part of it, to share it with us. When listening to it the first few times, it seemed a little pompous.

I know what the announcer means. He's been to Italy and he knows the out-of-the-way, off-the-road, almost secret places that one would miss without a guide, without a traveling companion; even better, a group of traveling companions. He knows how to avoid unpleasant surprise incidents and how to handle emergency and crisis situations should they occur along the way. He has, as we hear so often, been there—done that.

But that's a journey to Italy, and soon my mind returns to the real journey at hand, the journey of grief, the journey of a grieving parent's heart—certainly not one that we planned or expected to take, or for which we had any sort of earthly guidebook or map. The grief journey takes a complex and circuitous day-by-day route. For some, there is preparation time. For others, the journey begins in the blink of a second. We know not to compare deaths or grief travels. Each is personal, endured by both soul and body and deeply respected because of its variance. None is harder or easier, as the bottom line is the same.

The radio announcer has ownership of Italy because he's been there. We own our own grief because it is a part of who we are now and who we will become. While a trip to Italy will change your life and your perspective, your grief journey will take you on travels never imagined.

What should you carry on your grief journey? Available guides include your faith, family and friends, professional counseling and support groups like Compassionate Friends. Although your grief journey is distinctly yours, you can look at those who have walked before you for guidance, and put a hand out behind you for the one who comes next.

As a parent who is almost five years along, I know that I can grow with my grief, and work to understand what I am to do with this unexpected experience and knowledge. It's a very difficult education for which none of us will earn a degree or diploma. The reward is the look of other grieving parents who realize that we really do understand what they are telling us and that we identify totally with the emotions they are feeling. With our personal growth comes the realization that we will all work together to make the journey the best we can for each other as well as for families and friends who are also hurting, but whose grief often goes unrecognized and unacknowledged. So, my fellow traveling companions, please reach your hand out behind you. It's not Italy. It's the journey of your life.

*Carol Thompson ~ TCF, Tyler, TX*

*In loving memory of Sarah and with heartfelt thanks to you who are helping along the way*

*August 2010*

## Always

I think of you; when I smell cut grass, drink Mt. Dew, swim in a pool, take a walk, drive a car, brush my teeth, go out to dinner, eat a fortune cookie, make a cake, look at a calendar, look in the mirror, feed the dogs, try on new shoes, ride a bike, clean the floors—in short—I still ALWAYS think of you.

I miss you,  
Mom

*Annette DeCamp, 2010 - For Michael 1983-2006 - TCF ~ Cincinnati-East Chapter*



# Join Us for Our Second-Annual TCF of Tyler Concert & Dinner

**When:** October 2, 6:00 PM

**Where:** Joe's Italian Grill on 5th St.

**Musical Performers:** Sam & Scotty

The evening meal will cost about \$10 per person. Your drink and salad are included in the meal and we will have about 4-5 items from which to choose.

We are selling centerpieces for the concert for a donation of \$20. They are three-sided with your child's picture and a candle in the middle.

All donations will be used for community outreach.



The decorative lanterns combine the beauty of candlelight with the memories associated with cherished photographs.

Call (903) 258-2547 for more information. Sponsored by The Compassionate Friends of Tyler, Texas, a support group for bereaved parents. Visit [www.tylertcf.org](http://www.tylertcf.org) for more information on our meetings, newsletters and special events.

Please print and post at your church or business.



*We need not walk alone.*

“If love could have saved you, you would have lived forever.” —*Author unknown*

## Happy Birthday

Happy 25th birthday baby girl! It's hard to believe another birthday will come and go without you here with us. I often wonder what you'd be doing, if you'd be graduating college, who you might be dating or even married to. Sometimes it just seems like yesterday that you were born and we were blessed with a beautiful baby girl—yet at times it feels like an eternity since I saw your beautiful face!

Thinking back we were very excited, yet very scared—having a baby was a big responsibility and being young newlyweds we knew it wouldn't be easy. I can remember your dad being so nervous just to hold you, I would kid him and say “don't worry she'll bounce.” You were such a good baby, always so happy. Once you could talk you would to any stranger—which of course made us worry a bit.

Time seemed to fly and before we knew it you were a little girl, starting kindergarten. So bravely you went into that classroom and took the hand of another little girl who was crying and told her it would be okay. I left with tears in my eyes, but you not a drop. Being the first grandchild—I knew your Grama would surely make you rotten. You definitely could show your independence (or just plain stubborn side), but looking back—it was just who you were.

Your friends say you always stood for what you believed in and not often did you ever give in. They looked to you for advice and guidance through the years. Your teen years seemed to go by so quickly. My best years, by far, was watching you grow into a beautiful young lady. You had the biggest smile that would lighten up any mood or any room and such a contagious laugh (which we all miss so very much!) It was very obvious to all who knew you that you loved your family very much.

I was very fortunate that we had such a close relationship and cherish every memory. We were mother and daughter, sisters at times and we grew into best friends as you matured into a young lady. You were and still are our family center; your memory helps to hold us all together.

As the poem reads on your head stone “...our family chain is broken and nothing seems the same, but as God calls us one by one our chain will link again.”

Until then...  
Momma

In loving memory of Leah Nichole Zucca

*Cheri Zucca ~ TCF, Tyler, TX*

## Dandelions and Grass

Dandelions and grass, clasped in a chubby hand,  
starry-eyed, so pleased with himself,  
never a bouquet so grand;

Slightly wilted, with drooping leaves,  
received as the rarest of blooms,  
in my best vase on a cloth of lace  
they proudly graced my rooms.

In the years to come, that same hand wrote a lovely poem,  
built a model airplane and played the saxophone.

But ever in this mother's heart in all the years that passed,  
the loveliest thing that David gave,  
was dandelions and grass.

*Joy C. Worland*

*Submitted with changes by Audrey Hoyt  
TCF ~ Kansas City, MO*

## Troubled Child

I was so scared to tell them about you.

I felt so ashamed...

you were a “troubled child,”  
not “perfect” like all the rest.

Stories of children loved by everyone...

sons and daughters with  
such promising futures.

Even though you were not like them,  
you were my baby.

Even though you got into trouble and took  
drugs, I was always by your side.

Even though you spent time in jail,  
you could not have been loved more.

At times you were so frustrating  
and seemed all bad,

Then you would do something wonderful,  
and I knew you loved us.

I don't need to feel ashamed any more,  
it didn't matter what you did  
or who you were.

You were my child,  
and you did not deserve to die.

I love you,  
Mom

*Gretchen Wasson ~ TCF, Bethany, OK*



# 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**



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Tyler, Texas 75711



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