



Monthly Group Meeting

Tyler Area Meeting

Monday, June 21, 6:30 p.m.
12949 C.R. 42 (McDougle Rd.)

Jacksonville Meeting

Tuesday, June 1, 6:30 p.m.
Sam Smith's office, 1401 E. Rusk

Lufkin Meeting

Thursday, June 17, 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
Meeting Facilitators
Don and Leslie Dixon, Cheri Zucca
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.

In This Issue...

Welcome	2
New Meeting Location.....	2
The Waves of Grief	2
Love Gifts/Announcements	3
Birthdays	4
Anniversaries	5
How Can You Survive?	6
Things That Catch Us Off Guard	6
What to Do, What to Do?	7
A Bereaved Mom's Thoughts... ..	7
Poems	8

**A Father's View of The Compassionate Friends:
Courage, Surprise, An Understanding**

Attendance Requirement: Courage

I don't think I am unique. I did not want to attend a meeting of Compassionate Friends. I was coerced by my wife. It was subtle but effective. My son, on the other hand, made a devil's deal; he agreed to go to the next meeting in exchange for a favor—his debt some weeks away. The thought of discussing death nauseates me. We, my son and I, had made a bad deal.

The Meeting: A Surprise

I was surprised to find I was not the only man to have lost a child. There was a reality to that recognition. My loss, not unlike yours, is a personal matter. No one can tell me how I feel or how I ought to feel. Yet, the group never made me feel guilty about my selfishness; they understood.

The Result: An Understanding

Compassionate Friends is not an efficient organization. There are no systems, no quick, easy cures. Grief is a catharsis. Most of what you hear here you will dismiss; it will not apply to you. But, there are nuggets—small ideas you will want to try or things you will want to think about. Some you will try. Many you will discard. Only a few will help the pain. These, you will treasure. Your friends and associates may try to understand your grief and try to help. They can do neither. They don't understand. The people at the meetings do understand. And they try to help. My son felt he had gained little from the meeting. Yet, he left feeling he had helped someone else deal with his grief. What a marvelous satisfaction for a 15-year-old.

What's in it for you?

Compassionate Friends is here to help—to listen, to suggest, to understand. If you handle your grief well, you do not need Compassionate Friends. But we need you. Your approach or method of dealing with grief could help one or more of us. Please share it.

Bob Watts ~ TCF, Stanford, CT

Am I Still A Father?

As this day approaches I wonder how I will react. Am I still a father? I will sit quietly never allowing family friends to see how I feel. I will miss my son, but I can't allow myself to "break." I must remain strong and always be the "rock." I wish I could just let someone know how much I miss my little angel. How much I cry and how much I miss hearing "Dad I love you." I am a father, but I wonder, will I just pretend, as usual, that it doesn't bother me? Remember me, for I hurt too, on this special day.

TCF ~ Tampa, FL

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.

"Thanks The Compassionate Friends for being there. It helps to not feel like you're walking the journey alone, even though family and friends are all around. They just don't fully feel what the experience is like no matter how deep their love and commitment goes. No one knows unless they have walked in the same shoes." —Lori Kern

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

TCF of Tyler is now holding 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 is amongst the storage units. Look for the butterfly sign.

The Waves of Grief

Grief is like the ocean tides with their constant ebb and flow. Sometimes the tides are quiet sometimes the strong wind blows. The pain is like the ocean waves that roll way out in the sea. Sometimes the motion is gentle and lulls me into a sense of complacency. But then from out of nowhere treacherous storm clouds fill the air. The sharp, white foam waves lash over me and overwhelmed me with despair. Just as a vicious storm waves battering the rock will eventually etch their mark, so too, the ravishment of pain and grief, have taken a toll on my heart.

"Living With Loss," Summer, 2007, livingwithloss.com

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

This month's printing of our newsletter sponsored by Merri O'Leary Walsh

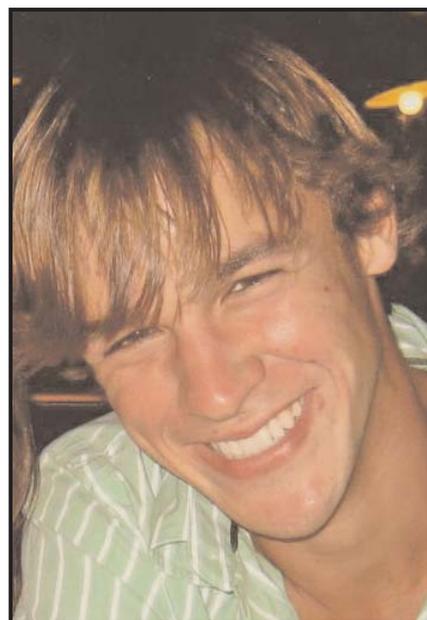
In loving memory of
Chris O'Leary

6-25 ~ 10-26

**Son of
Merri O'Leary
Walsh**



**Thanks to Merri for
sponsoring our rent for
the month of June in
memory of Chris.**



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





We need not walk alone.

"Time may heal. It may help to dull your pain. But the medicine of time, taken by itself, is not sure. Time is neutral. What helps is what you do with time."
—Rabbi Earl A. Grollman

Love Gifts



Mr. & Mrs. Jim Crawford in memory of Jared Sheets

A Friend in memory of Lauren Campbell

Betty Fiederlein in memory of Jeremiah Barker

Sara Fincke in memory of James

David & Teresa Terrell in memory of Andy

Erin Farmer in memory of Calan Decker-McKeethan

Carol Johnson in memory of Jared Sheets - promoting TCF awareness at local park event



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

Carol Johnson in memory of Jared Sheets

Lisa Schoonover in memory of Jake

Danny, Pat & Stephen Settle in memory of Stephanie

Tina Loper in memory of Christopher

David & Teresa Terrell in memory of Andy

Jim & Cheri Zucca in memory of Leah

Janet Majors in memory of Melissa

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!

Thanks to all who helped with our Annual Butterfly Release in May. We appreciate the many people who make this beautiful event possible. (See a full list on page 4 of this newsletter.)

"When your mind cannot find an answer, open your heart and ask for peace." —*sascha*

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. (See page 2 for directions.) 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.

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.

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.



We need not walk alone.

“So when next you see a parent grieving for their child, take care to be gentle and just offer us a smile. For our numbers are great and our hearts have been broken. We need only your love with your arms wide open.” —Nancy

June Birthdays



Brian Harris
6-8 ~ 7-29
Son of Jolyn & Richard Harris



Thomas "Chuck" Carroll, II
6-2 ~ 11-13
Son of Linda & Thomas Carroll



Bryce Ramirez Cooksey
6-4 ~ 6-4
Son of Shalina Ramirez



Matt Mears
6-7 ~ 7-16
Son of Norma & Kerry Mears
Husband of Ashley Mears



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



Michael Holdway
6-18 ~ 8-3
Husband of Kathy Holdway



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



Jake Higgins
6-29 ~ 12-4
Son of
Donna Griffin



Justin McCullough
6-25 ~ 6-15
Son of Jan Schmitt



Charlie Clakley
6-27 ~ 4-15
Son of Teri Clakley



Jeremy England
6-7 ~ 12-25
Son of Sandra &
Roger Perry



Chris O'Leary
6-25 ~ 10-26
Son of
Merri & Fred Walsh
Son of Tom O'Leary



Timothy Allen Hawkins
6-30 ~ 7-7
Son of
Bill & Linda Hawkins

A Special Thanks to All who Made the 2010 Butterfly Release Possible ...

Sam Smith in memory of Stacey Smith
David & Teresa Terrell in memory of Andy Terrell
Don & Leslie Dixon in memory of Austin Dixon
Patricia & Russell Miller in memory of Shanna Redmond
Carol Thompson in memory of Sarah Thompson
Gail Voyles in memory of Cason Gimble - Butterfly Painting
Carol & Shane Johnson in memory of Jared Sheets
Jim & Linda Crawford in memory of Jared Sheets
Margie & Victor Newman in memory of Jeremy Newman
Cheri & Jim Zucca in memory of Leah Zucca
Johnathan Loper in memory of Christopher Loper
Mary Lingle in memory of Candice Lingle
Charles & Chanda Mclean in memory of Dex McLean
David Deramus in memory of Christopher Loper
Gail Voyles in memory of Cason Gimble
Kathy McKinney in memory of Erik McKinney
Lisa Schoonover in memory of Jake Schoonover
Sherry Smith in memory of Scottie Baker
Julie Stokes in memory of Scottie Baker
Kathryn Webb in memory of Scott McDaniel
Mona Anderson in memory of T.J. Anderson
First Baptist Church South Campus
Jennifer Steinman, director of Motherland the film
NBC 56
Gap Broadcasting
KLTV
Tyler Morning Telegraph
David McCullough, Owner of Celebrations Flowers & Gifts
Thanks to all our TCF members who brought refreshments

Thank you for your generous donations to TCF of Tyler. These 'love gifts' allow us to provide our local chapter with special events, the TCF Newsletter, our Web site and more!





We need not walk alone.

"The grief of siblings may differ from that of a parent, but it ought not be discounted. People need to realize that while it is obviously painful for parents to have lost a child, it is also painful for the sibling, who has not only lost a sister or brother, but an irreplaceable friend." —Jane Machado

June Anniversaries



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



Christopher John Fisher
12-18 ~ 6-22
Grandson of Grace & Tom Fisher



Kyle Beck
7-21 ~ 6-23
Son of Angela Yates



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



Joshua Renaud
1-18 ~ 6-9
Son of Christi McMillan



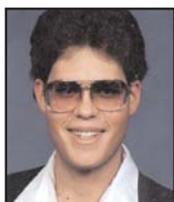
Michael A. Rucker
1-18 ~ 6-1
Son of Brandy Rucker Pearson
& Grandson of Shelba Putnam



Bryce Ramirez Cooksey
6-4 ~ 6-4
Son of Shalina Ramirez



Joshua Walker
4-29 ~ 6-25
Son of Crystal Walker



Mark Turner
10-3 ~ 6-19
Son of Clayton & Pat Turner



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



Jeremiah Barker
2-11 ~ 6-17
Son of Betty Fiederlein



Emily Elizabeth Ellis
10-25 ~ 6-16
Daughter of Lori Kern



Ricky Edmiston
4-26 ~ 6-29
Son of Woody &
Barbara Edmiston



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



Justin McCullough
6-25 ~ 6-15
Son of Jan Schmitt



Jesse Lee Irby
10-16 ~ 6-19
Son of Teri Irby



Nathan Spataro
7-6 ~ 6-19
Son of Becky Hicks



Christopher Pope
11-10 ~ 6-16
Son of
Brenda Pope



Amber Glasco
1-30 ~ 6-16
Daughter of
Chris & Julie Glasco



Kelynn Pinson
6-1
Son of
Kelvin Arterberry



Lester "Bubba" Chase
7-20 ~ 6-27
Son of Debbie Chase



Kenneth Melvin
10-6 ~ 6-28
Son of Fredia Melvin





We need not walk alone.

“Above all else, remember that you will always be a father! Be especially kind to yourself as you prepare for the array of emotions you will experience on Father's Day. As you work through these feelings of loss, you are taking steps forward towards healing in this difficult journey we call grief!” —Clara Hinton

How Can You Survive?

You stood there staring with your eyes open wide when I told you my only child had died. Then I heard that question again today and those thoughtless words that take my breath away, "I could not go on living had my child died." "How can you stand it, how can you survive?" You seemed not to notice the hard painful lump that had settled in my throat despite my brave front I tried to speak, but my mouth was bone dry. All I could do was just stand there and stifle my cry. Then you turned in silence and I followed your lead. Wiping tears off my face as I struggled to breathe.

How do I answer these questions you ask? Should I tell you the truth and then wait for your gasp? I've been told by other parents who have also lost a child that they have heard these words before and cannot believe the guile of those who think life simply stops because you're left to bear the greatest tragedy of all, lost hopes and bleak despair. Yet perhaps you do not realize the pain you have just caused so once more I will answer in hope to give you pause. I would have gladly died, exchanging my life for his. Willing myself into my son's broken body, for weeks I prayed for this. When he took his last breath, I was left alone in this place to live one day at a time and remember his sweet face.

You ask me how I stand it; how I manager to survive? How I can stand to go on living when my only child has died? The answer is so simple; I'm amazed you cannot see that the answer you seek does not lie with me. The Lord in His wisdom makes me draw breath each day I do not know His reason, I do not know His way. I wake each morning with my son's death on my mind. Living only for heaven to hold the child I called mine. This is how I stand it; the only reply I can give I did not die, I did not survive, and I did not want to live.

So when next you see a parent grieving for their child take care to be gentle and just offer us a smile. For our numbers are great and our hearts have been broken. We need only your love with your arms wide open.

*In memory of Eric. Eric was killed in a car accident with his best friend.
Nancy, Alive Alone, October, 1998*

Things That Catch Us Off Guard

For those who have experienced the loss of a child we know that grief can often catch us off guard, like a wave that seems to come out of nowhere and overwhelms us. Henry James, American author, psychologist, and philosopher, once wrote, "Sorrow comes in great waves... but it rolls over us, and though it may almost smother us, it leaves us. And we know that if it is strong, we are stronger, inasmuch as it passes, and we remain."

I had a new appreciation of that fact when on vacation in Hawaii in April. My wife and I watched the waves roll onto the beach. Some high school boys were playing in the surf using boogie boards. We decided to experience the waves for ourselves. We ventured out and suddenly a wave was rolling over us that peaked about five feet over our heads. It knocked me off my feet. It knocked my wife into an uncontrollable spin until she washed up on shore.

When you are in the midst of a wave of grief it can feel overwhelming and uncontrollable. You can feel as if you are drowning. But when the wave passes, you realize that you have remained. You are stronger than the grief. You will survive.

Another thing that can catch us off guard is special occasions. May and June seem to be full of them: the graduation of a class our child would have been in; the first, or maybe tenth, Mother's Day or Father's Day without our child, church events like confirmation. They can all catch us off guard. As with those waves I mentioned earlier, it might be best to face them head on and dive right into them. Then we are in control.

One more thing I was surprised to be caught off guard by (saying that sounds redundant) was humor and laughter. When you are experiencing the very fresh and sharp pain of grief, laughter seems so out of place. But as time went by I remember appreciating laughter, just as I began to appreciate again the smell of flowers or the chirping of birds. When that point happens will be different for each grieving parent. But it is a sign of hope, just as the new buds of spring are a sign of hope. Our monthly support group offers hope. Hope that the sharp pain of grief will go away. Hope that I can begin to remember my child's life more than their death. Hope that I will survive. Hope that I will laugh again. Come and share in that hope. We need not walk alone.

Dave Wilkinson ~ TCF Chapter Leader, Green Bay, WI





We need not walk alone.

"Our monthly support group offers hope. Hope that the sharp pain of grief will go away. Hope that I can begin to remember my child's life more than their death. Hope that I will survive. Hope that I will laugh again. Come and share in that hope. We need not walk alone." —*Dave Wilkinso*

What to Do, What to Do?

Rabbi Earl A. Grollman said, "Time may heal. It may help to dull your pain. But the medicine of time, taken by itself, is not sure. Time is neutral. What helps is what you do with time."

In the early days after the death of a child you may be so numb that it is all you can do to get out of bed in the morning. You toss and turn unable to sleep or you sleep for hours or days. You can stumble through your days unaware what is happening around you. Eating is not something you can or want to do. If you have other children it will effect how you function or not, depending on their ages. Eventually you will begin to want to join the world but may have a hard time in certain situations and you may have to retreat back to the safety of your "cocoon." Be kind to yourself. Don't let others tell you "isn't it time you got over "it" and moved on with your life?" You have to take all the time to grieve and begin to heal that is necessary. Each person is different even spouses grieve differently.

When you begin to get comfortable in your world, your changed world, you can begin to think of how you want people to remember your child. This may be a time for you to join a support group. Compassionate Friends is where you can talk about your child. You can celebrate their birthday. You can show pictures of your child. It is a place where no one has the answers but they are willing to share what has worked for them and what hasn't. It is a place where we do not judge or tell you that you are wrong in what you are doing. We are there to hold your hand, to offer love and support, to listen to your story. Someone said you have to tell your story at least 100 times. Your family and your friends may not be able to listen 100 times but your Compassionate Friends will. Why?

Because we have been there and someone listened to us so it is our turn to give back what has been given to us. This is what we do. This is what we do with time. Our children, grandchildren, and siblings will never be forgotten as long as we share them with others. We can set up scholarships, plant memorial gardens, purchase benches engraved with their names, start a foundation to support a cause or disease connected with their death, volunteer our time with a charity, help other children with one on one mentoring and many more ways. As we travel this painful road we reach out to other bereaved people with love and hope... that is what to do.

Greenville, SC ~ TCF Chapter

A Bereaved Mom's Thoughts on Bereaved Dads and Stepdads on Father's Day

Father's Day, a day we honor those wonderful dads, for many is a day that can be bittersweet. There are two groups of fathers that fall into that category and, if I may, would like to speak up for. I know I have mentioned the bereaved moms on Mother's Day, but I ask you to keep in mind those dads whose children who have died before them. Just as the bereaved siblings are oftentimes the forgotten mourners, the fathers can become invisible too. I know many a bereaved dad who, when met on the street got the question, "How is your wife doing?" I suppose for the person who asks, it is easier not to confront the father's grief head on by asking about someone not present and therefore, easing their own discomfort. I am here to tell you that those dads hurt every bit as much as the moms, but, because of the macho burden placed on men by society, don't always freely show it like we mothers do, and they keep it bottled up inside. Take a minute, at any time, but especially on days such as Father's Day where the focus is on them, to tell that dad you are thinking of them. I guarantee they will appreciate it.

The other group that more often than not are overlooked are the stepfathers. I think that we have the fairy tale, Cinderella, to thank for the bum rap that many of us stepparents get! That is particularly true when that parent isn't the "real" parent. However, I know many, many stepdads who deserve the title of father minus the "step" even more than the biological ones. They are dads, like one I now personally, who sat up all night long after a 13-hour workday and comforted his stepdaughters who were suffering a miserable case of chicken pox, made the midnight trips to the emergency room, as well as delighted along with them in their triumphs, and agonized in their defeats. And I know one in particular who grieved with every fiber of his being when his stepdaughter, (though he never uses the term "stepdaughter," it is always "daughter") Nina, died almost eight years ago. Along with other bereaved stepparents he didn't deserve comments such as, "Well, at least it doesn't hurt as much because she wasn't your REAL daughter." To him, (just as many others I know), she is just as significant as his own flesh and blood. I wish all father's, dad's, daddy's, stepfather's and stepdad's (which is a step UP) a day filled with love, support, understanding, warm hugs, and an abundance of comforting memories. Happy Father's Day!

With gentle thoughts, Cathy Seehuetter, Nina's Mom ~ TCF, St Paul, MN





We need not walk alone.

Overheard at a TCF meeting: "The anticipation is often worse than the day itself!"

The Butterfly

Butterfly, don't pass me by. Stop and light for a little while.
Soothe me with your soft sensation;
give me hope and consolation.

Butterfly, don't pass me by. Stop and light for a little while.
Help me to release my sorrow;
deed me strength to meet tomorrow.

Butterfly, don't pass me by. Stop and light for a little while.
Oh, lift me up and let me feel the
peace and freedom you reveal.

Butterfly, don't pass me by. Stop and light for a little while.
Remind me to thank God above
for cradling me in His great love.

The Lord is close to the brokenhearted - Psalm 34:18

*Written by Connie Wade, 10/25/1990, for Lori Kern
in memory of Emily Elizabeth Ellis*

Grandparents are a Special Gift

Grandparents are a special gift...

God gives them to each child.

Their love outshines the brightest star...

Their love can never be defiled.

Oh, but when a child becomes an angel,

Grandparents feel the pain and sorrow.

Beyond any pain they've known in life,

Or will ever come to know tomorrow.

For a grandparent holds a special love

For the child their child has had.

And to lose what they hold dear...

Leaves them heartbroken and sad.

Their legacy is their grandchildren...

So how can they learn to survive?

Will the dreams of their tomorrows

Somehow be kept alive?

Yes, a grandparent is a survivor...

And life has taught them how to be.

Author unknown ~ TCF, Greenville, SC

My Grandson, My Boy

I never envisioned my life without you
I pray that I'll see you when my time is due
Your smile and laughter filled me with joy
That look on your face when you got a new toy

Watching your mother and Nana enduring this pain
Is something unnatural in which I disdain
It hurts me so deeply to know I can't take it away
My facade is not real which changes each day
I'll try to get through it the best that I can
Somehow it's different because I'm a man
Your early years were memorable,
filled with obstacles to overcome
Challenges were many, some left were undone

I'll miss your karate, t-ball and all future things
And to know a beautiful girl will be missing a ring
No offspring to spoil and you know that I would
All I have are the memories and know we had fun
I couldn't have asked for a better grandson
At 6 you were taken and I still wonder why
I visit your plot to go grieve and cry

It's hard to take the emptiness and void
that your absence has created
Each day I wake and stare at your photo,
only to know that I'll never see an older version
Of the person within.
I sure miss my little superhero, my Brendonite.

Papa Kyle ~ TCF, Manchester, NH

Be Good to Yourself

Look at yourself in the mirror.
Say to yourself "It is hard to lose a child."
Say to yourself "It is reasonable to hurt."
Say to yourself "Healing takes time."
BE GOOD TO YOURSELF

Sascha Wagner

Grief cannot be conquered
Like an enemy
Grief can only be changed
From pain
To hope
From hope
To deeper life

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)

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