



www.TylerTCF.org

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

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IMPORTANT NOTICE: We have a NEW meeting location!
Please join us at 17555 Hwy. 155 S. (off Loop 49), Flint, TX 75762.
We hope to see you at our next meeting!

We need not walk alone.



THE COMPASSIONATE FRIENDS
P.O. Box 9714
Tyler, Texas 75711



The Compassionate Friends

Supporting Family After a Child Dies



We need not walk alone.

Volume 18, Issue 12

Tyler, Texas

December 2017

Monthly Group Meeting
Tyler Area Meeting
17555 Hwy. 155 S.
(off Loop 49) Flint, TX 75762

Contact

Phone: (903) 422-0358
www.TylerTCF.org • info@TylerTCF.org
P.O. Box 9714 • Tyler, TX 75711

Co-Chapter Leaders:
Cheri Zucca & Trish Mann Taylor
Secretary: Trish Mann Taylor
Newsletter/Website: Mary Lingle
Tyler Meeting Facilitators:
Leslie & Don Dixon

Steering Committee: Lisa Schoonover,
Cheri Zucca, Don & Leslie Dixon, Janet
Majors, Trisha Mann Taylor, Barbara
Barton, Heather Ogg, Mary Lingle,

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 in December

Our Annual Candle Lighting Ceremony will be Sunday, Dec. 10, 2017, 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.



We are selling 12" poinsettia's in memory of our children and pre-order is required. At the end of the ceremony, you will be able to take your poinsettia home. Please mail a check for \$15 along with child's name to P.O. Box 9714, Tyler, Texas 75711.

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 903-422-0358. Thank you!



...that their light may always shine.

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

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.

"It's a beacon, our light in the window, our shining star in the darkness. It's an opening of our hearts and a way to share our grief. We gather to honor the memories of our children and to share this bond of lighting a candle for the children all over the world. We miss them so much." —Jim Lowery

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."

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 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.



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:

Due to the rising cost of postage, please send newsletters via email. My email address is _____.

I prefer not to receive the newsletter via email and would like to continue having a hard copy sent to the mailing address you have on file for me.

Please update my mailing address: _____

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

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

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.

Date: _____

(Signature)

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



We need not walk alone.

"To be in one's own heart in kindly sympathy with all things; this is the nature of righteousness." —Confucius

December Birthdays



Jonathan Reynolds



Erica Smith



Graham Gill



Zackery Browne



Heath Hopson



Logan Alexander



Renee Seale



Dex Bailey McLean



Daniel Anderson



Christopher John Fisher



Shelby Williams



Amber Drake



Stephanie Settle



Salvador Estrada



Phillip Kuhn



Jessica Noelle Kirkpatrick



Jeremy Simpson Brown



Tamy Land



Tiffany Johnston



Ryszard Spakovsky



Alexander Fleming



Tiffany LeAnn Tanner



Brandon Weatherly



James Rowland Allen



Sarah Harvey



Shannon Scheffler



Ashley McCaa



Taylor Davis



Cory Blackmon



Stephen Townsend



Lindsey LeMon



Dawn Marie Wilson



Burke Warren Lewis



David LaTrell Milton



A.J. Frazier



Lauren Campbell

Continued on next page.



We need not walk alone.

"Next to love, sympathy is the divinest passion of the human heart." —Edmund Burke

Burke Warren Lewis

**In loving memory
of Burke**

Martha Sloan Lewis



This month's newsletter is sponsored by Martha Sloan Lewis.

Newsletter sponsorship is \$75. Contact us if you'd like to be a sponsor in memory of your loved one.

Jared Sheets

**In loving memory
of Jared**

Jim & Linda Crawford



This month's newsletter is sponsored by Jim & Linda Crawford.

Newsletter sponsorship is \$75. Contact us if you'd like to be a sponsor in memory of your loved one.





We need not walk alone.

"I think of heaven as a garden where I shall find again those dear ones who have made my world." —Unknown

December Anniversaries



Tanner Douglas



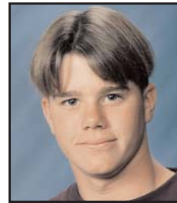
Christopher Loper



Felicia Hobbs



Gena Forest



James Fincke



Angela Frazier



Cheryl Graebner Cook



Jocelyn McCormick



Karen Lowe



Mike Loughmiller



Jessica Noelle Kirkpatrick



Tosha Nichole Minatrea



Tamy Land



Ashton Wayne Yates



Alfred Donnell Guthrie, III



Kristi Otteson



Tim Fry



Carmen Leanna Jenkins



Lee Sammons



Theresa Kay Talley



Kelly Ann Campbell



Margie Starkey



Jeremy England



Whitni Danielle Ray



Matt Thomas Crooks



Joey Green



Jeremy Simpson Brown



Jake Higgins



Lindsey Goen



James Snyman



Gauge Austin Thomas



Scarlet Lynne Smith



Jason Lee Eubank



John Miller



Cashley Jackson



Joshua Wilson

Continued on next page.



We need not walk alone.

"A sorrow shared is a sorrow halved." —Unknown

December Anniversaries Cont.

Annual Candle Lighting Ceremony in December

If you would like to help with the Candle Lighting, please call the TCF line at 903-422-0358. Thank you!



Jordan Mims



Wrangler Akin



Robin Reynolds



Aaron Yarbrough



Antonia Rothrock



Suzanne Glover



Martha Fields

In loving memory of memory of Zachary Bradley by Cristal Rodriguez-Stowe



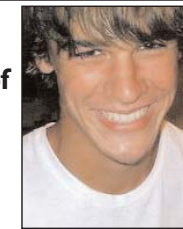
In loving memory of Lori Jean Campbell by William A. Johnson



In loving memory of Christopher Jeffers Forzano by Barbara Forzano Zimmerman



In loving memory of Chris O'Leary by Merri Walsh



In loving memory of Christopher Loper by Tina Loper



In loving memory of T.J. Anderson by Mona Anderson



In loving memory of Alex Conway by Robert & Trisha Taylor



In loving memory of Leah Zucca by Jim & Cheri Zucca



In loving memory of Jared Sheets by Carol & Shane Johnson



In loving memory of Sarah Thompson by Carol Thompson



In loving memory of Andy Terrell by David & Teresa Terrell



In loving memory of Chad Cavazos by Dale Cavazos



In loving memory of Stephanie Settle by Danny & Pat Settle



Thanks for your donations and continued support of TCF of Tyler.





We need not walk alone.

"Your pain is the breaking of the shell that encloses your understanding."
—Kahlil Gibran

The Gift of the TCF Worldwide Candle Lighting

May 11, 1995, 45 years after I had taken my first breath of life, would now sadly and incomprehensibly mark my precious daughter's last. On a blisteringly hot day, six of our family vacationed in Orlando on a freeway many hundreds of miles from our home in Minnesota. An alcohol-impaired driver fell asleep at the wheel crashing into the side of the car where Nina was seated thereby ending the promising life of my vibrantly beautiful 15-year-old daughter, killing her instantly. A week that began in joyful family togetherness ended in unspeakable tragedy.

Brokenhearted, we returned home to begin the daunting task of learning to live without Nina. We catatonically walked through the mind-numbing chore of making arrangements for our daughter's funeral, our house filled with people aiding us however they could. But soon after the service, the silence in our home was deafening. My son wondered aloud where everyone had gone. Though hard to conceive that the sun still rose and set every day; that people continued to work, breathe, laugh and love, I undoubtedly knew the answer to his question; they had returned to the normalcy of their untainted existence while our lives felt irreparably shattered.

While others had gone back to the "real world", even in the midst of my cavernous grief I knew I had to preserve Nina's memory; I needed to find others who also desired their loved ones not be forgotten, realizing that it had to be another bereaved parent. I also needed reassurance there was hope that the raw pain of my loss would not continue forever, and that I was not alone on this most difficult of journeys. Thankfully, the funeral director in our city led me to The Compassionate Friends (TCF), a self-help group for bereaved parents, siblings and grandparents. There I found the support and understanding that I so desperately craved, along with many distinctive, creative ways from seasoned grievers to ensure that Nina would be forever remembered.

This became particularly important as I neared the first Christmas without Nina. They showed me I could bring her into the holiday season she loved so much by attending our chapter's annual holiday candle lighting. A few short years later, I became involved in chapter leadership. During that time, the TCF Worldwide Candle Lighting (WCL) came into existence and culminated into what is believed to be the world's largest candle lighting. Held the second Sunday of December at 7:00 p.m. in each time zone around the world candles are lit for one hour. As the candles burn down in one time zone, they are lit in the next, creating a virtual 24-hour wave of light around the globe.

The past few years I have been the MC for our chapter's program in conjunction with the WCL. From my vantage point, I clearly see each tear-stained face. Though the room is dimly lit in the beginning, as each flame is lit for a child gone too soon, the room gradually becomes bathed in a warm and peaceful glow. The candles are held proudly aloft in a show of fortitude and solidarity, with the belief that our children look down and see our lights of love and hope lifted heavenward, signifying that though gone is the life, never is their light.

The TCF Worldwide Candle Lighting is the gift I give myself (and Nina) each holiday season, and many family members and friends gift me with their presence at the chapter event or light a candle at 7 p.m. in remembrance of Nina. For all of us whose precious children have died it is a beautiful and special way to ensure forevermore "...that their light may always shine."

With gentle thoughts over the holiday season, and always...
Cathy L. Seehuetter, ~ TCF, St. Paul Chapter

Join us for crafts and more!

Carol Johnson is going to hold a crafting meeting, January 20, 2018, from 2 p.m. to 4 p.m. at our meeting place. More dates to follow. We are planning to have a journaling workshop soon! Watch for details. If anyone is interested in holding a grief share workshop, we would love to accommodate at our nice meeting place.



We need not walk alone.

"You don't heal from the loss of a loved one because time passes; You heal because of what you do with the time." —Carol Crandall

December Birthdays Cont.



Gregory Thomas Davis Jr.



Tim Fry



Carmen Leanna enkins



Alec Heath Thigpen



Sarah Wheeler



Justin Turbeville



Jennifer Massey



Wrangler Akin



Allison Hiett



Shelby Williams



Christopher Forzano



Derek Russell



Britney Trahan



Kaleb Mize

"Hope is the feeling that the feeling you have isn't permanent." —Jean Kerr

As the Holidays Approach

When the holidays are fast approaching, we who are bereaved always have mixed emotions about having a nice holiday when our child or loved one is no longer with us. We wonder if we will ever be as happy and if we can ever again celebrate the holidays or any meaningful family occasion, especially the first birthday, first thanksgiving, or first Christmas since our loss. We try to look ahead to how we are going to feel when the time arrives, but it is usually not as hard as we had anticipated. Still, the occasion may not be as enjoyable as we'd like it to be or as we remember it from the past.

I would like to offer a few ideas for what we can do to make our holidays a little better. Consider buying gifts for less fortunate children, adopting a child/family at Christmas time, or inviting a lonely person to share your holiday meal. Make your child's favorite foods and discuss your loved one as you share the meal. Some people like to volunteer to serve holiday dinners for the homeless. Some bereaved parents want to visit familiar places their child loved to go, while others want to travel where their child had never been.

Several of our Compassionate Friends members put a small Christmas tree at the cemetery and decorate the graves with Christmas flowers and/or a grave blanket. Making a grave blanket is very fulfilling; we did that for 10 years after our daughter Teresa died. Attending a Candlelight program is a wonderful way to honor your child or loved one.

These suggestions are things we feel we can still do for our child, but they are not reserved for bereaved parents only. All of them can be done for any member of a family or a friend who has died. After someone dies we must keep going and doing things that lift us up. We can't always try to please any people who feel we should act in a certain manner.

Jackie Wesley ~ TCF, East Central Indiana & Miami-Whitewater Chapters





We need not walk alone.

"A new year brings time to reflect on the children we love—those who remain with us and those for whom we grieve." —Wayne Loder

First Christmas

It can't possibly be Christmas without her being here.
Yet the world is singing 'round me,
joyful tidings and good cheer.

Though I try to put on armor and brave the sights and
sounds, a few moments worth of shopping,
and the tears are spilling down.

I pray for strength to do it, find a path through holidays,
look for shortcuts, good ideas,
some directions through the maze.

Then I find at last the answer: I'll include her symbolically.
And the giving becomes perfect;
her love's flowing down through me.

Genesee Bourdeau Gentry

From Stars in the Deepest Night—After the Death of a Child

Frost

On a cold winter's day
Frost etches a beautiful artistry
On everything it touches every blade of grass
It glitters and sparkles and for moments
Before the sun comes out and the master piece evaporates
before our eyes we stand memorized cherishing the
wondrous sight

Like frost our children were only here for a brief moment
But while they were here
Whether it was moments in the womb
Days, months or many years
They etched their beautiful artistry of love
On our hearts and lives and all of those
They touched

Unlike frost what they etched is forever
It is something that we can cherish and hold onto always
We stand here tonight lighting a candle to remember
children we will never forget
Their light their sprits their artistry lives on
And like the flame of the candle gives warmth on a
cold winter's night

And light in the darkness
The love our children gave us still remains
It keeps us warm when the cold winds of grief blow
It lights our way through the darkness and loneliness
That we feel
And it gives us hope

*Julie Short ~ In Loving Memory of Kyra
2007 Southeastern TCF ~ Candle Lighting Ceremony*

On a Night in December

As days moved on towards winter, and trees becoming
bare, we were faced with shopping malls where carols
filled the air.

And thoughts of all turned to loved ones, those pres-
ent, and those not. For us, whose lives were drained of
light, it was solace that we sought.

And so began a journey of candles round the earth
bringing light to darkness and honoring the work of
children held so dear to us but never to grow old,
whose lives filled our life tapestries, with threads of
finest gold.

Now we gather on this night and watch the candles
burn, see their pictures, say their names one by one in
turn.

And our children, brothers, sisters, for whom we gather
here, let us know, in the candles glow, that they are
always near.

Their light will e'er surround us, their love will always
flow. When we leave, many remember this is ever so.

*Written for TCF Marin's 2003 Candle Lighting Service
by Genesee Bourdeau Gentry, author of 'Stars in the
Deepest Night—After the Death of a Child'*

My Heart Full of Compassion

I cannot ease your aching heart,
Nor take the pain away.
But let me stay and take your hand
And walk with you today.
I'll listen when you need to talk,
I'll wipe your tears away.
I'll share your worries when they come,
I'll help you face your fears.
I'm here and I will stand by you,
Each hill you have to climb.
So take my hand let's face the world,
Live one day at a time.
You're not alone for I'm still here.
I'll go that extra mile,
And when your grief is easier,
I'll help you learn to smile.

By Aleasa



We need not walk alone.

"Sorrow makes us all children again—destroys all differences of intellect. The wisest know nothing." —Ralph Waldo Emerson

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.)

- Merri Walsh in memory of Chris O'Leary - rent
- Carol & Shane Johnson in memory of Jared Sheets - rent
- Danny & Pat Settle in memory of Stephanie - rent
- Jim & Cheri Zucca in memory of Leah - rent
- Robert & Trisha Taylor in memory of Alex Conway - rent
- Barbara Barton in memory of Lindsey - 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 7.



Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send
articles, poetry, love messages and scanned photos to: The
Compassionate Friends of Tyler, P.O. Box 9714, Tyler, Texas
75711. 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: 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
903-422-0358. 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 info@tylertcf.org so that
we may email you announcements and updates about
TCF of Tyler.

Sign up for email notifications of events and to be
notified when the newsletter is posted online at:
www.tylertcf.org

Announcements

NEW MEETING PLACE! The new meeting location is
17555 Hwy. 155 S. (off Loop 49), Flint, TX 75762. Our
meeting is held on the third Monday of the month at 6:30
p.m. For more information, please call 903-422-0358.

Steering Committee Meeting: If you are interested in par-
ticipating in our chapter by serving on the steering commit-
tee, 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! Email
us at info@tylertcf.org to get involved!

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.

VOLUNTEER OPPORTUNITIES!

We welcome volunteers to serve in any capacity
within our group, including sending out birthday
and anniversary cards each month, setting up
the monthly meeting and help with our annual
events.

If you'd like to get involved as a volunteer and/or
steering committee member, please reach out to
us. We'd love to have you aboard and we're sure
you'll experience some healing in this capacity.

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

Annual Candle Lighting Ceremony in December

If you would like to help with the Candle Lighting,
please call the TCF line at 903-422-0358. Thank you!

