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THE COMPASSIONATE FRIENDS



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 17, Issue 2

Tyler, Texas

February 2016

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

Co-Chapter Leaders.....
Cheri Zucca & Trish Mann Taylor
SecretaryTrish Mann Taylor
Newsletter/Web SiteMary Lingle
Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: Pat Settle, Sam Smith, David & Teresa Terrell, Mary Lingle, Lisa Schoonover, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, MaryAnn Girard

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 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...

Table with 2 columns: Article Title and Page Number. Includes Welcome, Grief Resources, Announcements, Birthdays, Anniversaries, etc.

Together We'll Walk The Stepping Stones

Barb Williams

Come, take my hand, the road is long.
We must travel by stepping stones.
No, you're not alone, I'll go with you.
I know the road well, I've been there.
Don't fear the darkness; I'll be there with you.
We must take one step at a time
But remember we may have to stop awhile.
It is a long way to the other side
And there may be obstacles.
We have many stones to cross,
Some are bigger than others,
Shock, denial and anger to start.
Then comes guilt, despair and loneliness.
It's a hard road to travel, but it must be done.
It's the only way to reach the other side.
Come; slip your hand in mine.
What? Oh, yes it's strong,
I've held so many hands like yours.
Yes, mine was one time small and weak like yours.
Once, you see, I had to take someone's hand in order to
Take the first step.
Ooops! You've stumbled; go ahead and cry.
Don't be ashamed; I understand.
Let's wait here awhile and get your breath.
When you're stronger we'll go on,
One step at a time. There's no need to hurry.
Say, it's nice to hear you laugh. Yes, I agree,
The memories you share are good.
Look, we're halfway there now;
I can see the other side.
It looks so warm and sunny.
Oh, have you noticed,
We're nearing the last stone and you're standing alone?
We've reached the other side.
But wait, look back, someone is standing there.
They are alone and want to cross the stepping stones.
I'd better go, they need my help.
What? Are you sure? Why, yes, go ahead, I'll wait
You know the way, you've been there.
Yes, I agree, it's your turn, my friend.
... To help someone else cross the stepping stones.

If you are interested in volunteering for 2016 please come early to the February meeting for refreshments and to learn more. 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.



We need not walk alone.

Dream as if you'll live forever, live as if you'll die tomorrow~

The Compassionate Friends of Tyler

P.O. Box 9714
Tyler, TX 75711

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.



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

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



We need not walk alone.

"Wherever a beautiful soul has been there is a trail of beautiful memories..."
Ronald Reagan~

February Birthdays



Justin Clakley



Michelle "Missy" Green



Craig Howell



Jayson La'Drake Austin



Dylan Corey



Colleen Herriage



Caleb Scott Jones



Shane McDade



Jason Brown



Christopher Bullock



Walter Dale "Skipper" Winningham



Kody Maner



Sean Smith



Mary Jennifer Stone



Alexandria Conway



Justin Goodman



Chasen Sean Shirley



Cynthia Harper



John Andy Terrell



Cheryl Heerdt



Robert Ryan White



Ty Foster Mabry



Jeremiah Barker



T.J. Anderson



Ijuan Deshaun Simms



Candice Lingle



Karen Lowe



Scarlet Lynne Smith



James Arthur Jenkins



Roger Lee Rush



David Matthew (Matt) Morris



Natalie Whitehead



Steve Short



James Snyman



Kayla Denise Wager



Caleb Cecil Luther

Continued on next page.



We need not walk alone.

Thought for the day..."Enjoy the little things. One day you may look back and realize they were the big things."

I'll Lend You A Child

"I'll lend you for a little time a child of mine, he said."
 For you to love – while he lives,
 and mourn for when he's dead.
 It may be six or seven years,
 or twenty-two or three, but will you,
 till I call him back, take care of him for me?
 He'll bring his smiles to gladden you,
 and should this stay be brief.
 You'll have his lovely memories as solace for your grief.
 I cannot promise he will stay,
 since all from earth return.
 But there are lessons taught down there
 I want this child to learn.
 I've looked this world over
 in search for teachers true.
 And from the throngs that crowd life's lanes,
 I have selected you.
 Now will you give him all your love,
 nor count the labor vain,
 Nor hate me when I come
 to call to take him back again?"
 I fancied that I heard then say,
 "Dear Lord, Thy will be done.
 For all the joy Thy child shall bring,
 the risk of grief we'll run.
 We'll shelter him with tenderness;
 we'll love him while we may.
 And for the happiness we've known
 forever grateful stay.
 But should the angels call for him
 much sooner than we've planned.
 We'll brave the bitter grief that comes
 and try to understand."

~Edgar Guest

Remembering You

The moment that you left me, my heart was split in two; one side was filled with memories; the other side died with you. I often lay awake at night when the world is fast asleep; and take a walk down memory lane with tears upon my cheek. Remembering you is easy, I do it everyday; but missing you is a heartache that never goes away. I hold you tightly within my heart and there you will remain; you see life has gone on without you, but will never be the same.





We need not walk alone.

Kind words can be short & easy to speak, but their echoes are truly endless." -
Mother Teresa



We need not walk alone.

What lies behind us and what lies before us are tiny matters,
compared to what lies within us.
~R. W. Emerson

February Anniversaries Cont.



Kammon Gebo



Luciano Tessaro

Gone but not forgotten

You can shed tears that he is gone. Or you can smile because he has lived.
You can close your eyes and pray that he'll come back. Or you can open your eyes and see all he's left.
Your heart can be empty because you can't see him. Or you can be full of love you shared.
You can turn your back on tomorrow and live yesterday. Or you can be happy for tomorrow because of yesterday.
You can remember home and only that he's gone. Or you can cherish his memory and live on.
You can cry and close your mind, be empty and turn your back, Or you can do what he'd want.
Smile, and open your eyes, love and go on.

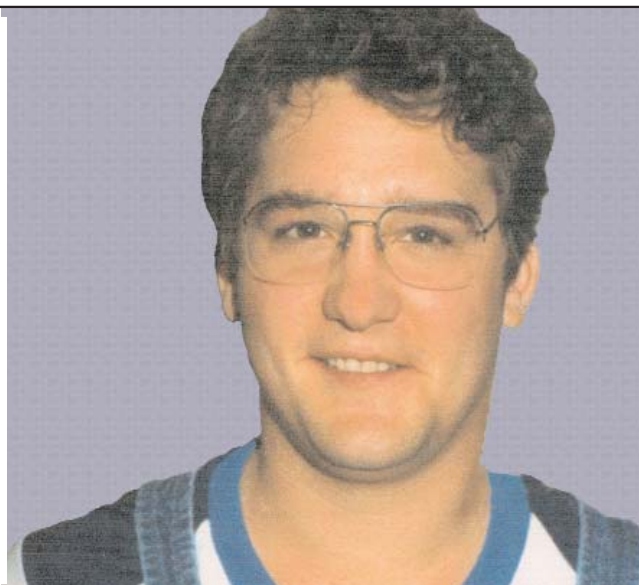
TAKE TIME TO LIVE....

I wish you enough sun to keep your attitude bright
no matter how gray the day may appear. I wish you enough rain to appreciate the sun even more. I wish
you enough happiness to keep your spirit alive and everlasting. I wish you enough pain so that even the
smallest of joys in life may appear bigger. I wish you enough gain to satisfy your wanting. I wish you
enough loss to appreciate all that you possess. I wish you enough hellos to get you through the final
good- bye.

Brian St. Clair

**In loving memory of
Brian.**

William & Janet St. Clair



Thanks for your continued support of TCF of Tyler.

In loving memory of
Leah Zucca
by Jim & Cheri
Zucca



In loving memory of
Alex Conway
by Trisha Mann Taylor



In loving memory of
Candice Lingle
by Mary Lingle



In loving memory of
Andy Terrell
by David & Teresa
Terrell





We need not walk alone.

"Finish your life with the enthusiasm and zest that you had when we were together. You owe this to me, but more importantly, you owe it to yourself. Life continues for both of us. I am with you because I love you. I am in the Light."
—Unknown

Austin Dixon
In loving memory
of Austin.

Don & Leslie
Dixon



Tread Gently
Joan Spletsoesser

Tread gently near the tender souls
Who've lost a child, whose hearts
Are bruised and bleeding;
For healing comes slowly,
With pain in every forward step.
Tears in every backward look.
So much love still flows for that special one
Arms reach out to hold and back to cling,
But reach forward only humbly,
Fearful of forgetting or being disloyal
By going on.
There is guilt in laughing,
Feeling pleasure, even being alive.
There are questions, longings, heartaches.
But slowly, surely, strength and
Healing come, in God's own time
- not as answer,
- nor as forgetting, but as acceptance
- that this pain, this loss,
- is ours to live with and somehow,
- by God's grace, ours to use to bless.



We need not walk alone.

Grief forces you to see: Who matters, Who never did. Who won't any-
more... And who always will.

February Birthdays Cont.



Aceyn Richards



Candace Beggs



Justin McIntyre



Jessica Spence



Timothy Andrew Wild



LaDerrius Darden

February Anniversaries



Josh Chambers



Austin Dixon



Lori Campbell



Cheryl Heerd



Richard Heerd



Jackie Heerd



Ryszard Spakovsky



Tiffany Johnston



Darell Bolton



Andrea Young



Austin Arvizo



Brandon Krpec



Michael Schmidt



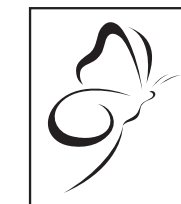
James Brady Langston



Jasmine Dezereah Pruitt



Chance Aaron Chandler



Roger Lee Rush



Carly Smith



John Wallace



Adam Thomas Pritchard



Jayson La'Drake Austin



Karrie Voyles



Craig Howell



Joel Tucker



Shelby Williams



Lucy Beerline



Kaleb Mize



Continued on next page.





We need not walk alone.

For some moments in life there are no words.

The Mask

I feel as if I am buried alive
Yet I smile and respond with "Fine, thank you."
I have been appropriately conditioned,
Like fine leather
That no one wants to hear the painful truth.

An essential part of me, a limb
A constituent of my earthly being
Has been violently amputated.
Yet I laugh at the mediocre conversations
A verbal splash in a shallow puddle
Pretending to be a player of the words
That no longer have meaning.

My heart has been ripped from my bosom
No benevolence granted
No explanation
No apologies
Only cataclysmic pain
Only agony
No anesthesia remains, just the bitter pain.
Yet I wear the mask
Day to Day.

Pretending I fit in
But really I'm a foreigner to this new land
An alien language they speak
And as I attempt to translate the words
Still, they mean nothing to me.

Sequestered in the mask
They hear not the music I dance to
Nor the words I speak
Nor the pain I echo
Nor the native language of my eyes
They will never really know me, behind the mask.

Tears

If tears could build a stairwell and memories were a lane, I would walk right up to Heaven and bring you home again. No farewell words were spoken no time to say good-bye . You were gone before I knew it, and only God knows why. My heart still aches in sadness, and secret tears still flow. What it means to lose you, no one will ever know.
Anonymous~

Angel Hug

When tomorrow starts without me
and I am not here to see...
If the sun should rise and find your
eyes filled with tears for me.

I wish so much you wouldn't cry
The way you did today...
While thinking many things
we didn't get to say.

I know how much you loved me,
as much as I love you...
And each time you think of me,
I know you'll miss me too.

So when tomorrow starts without me,
don't think we're far apart...
For every time you think of me,
I'm right here in your heart.

~Author Unknown

In Memory

Those we Love remain with us,
for Love itself lives on.
Cherished memories never fade,
because a loved one is gone.
Those we Love can never be,
more than a thought apart.
For as long as there is a memory,
they'll live on in our heart.
~Author Unknown

Please share your poems or messages for inclusion in our next newsletter.



We need not walk alone.

"Life is not the way it's supposed to be... It's the way it is... The way we cope with it, is what makes the difference."

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

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

Janet & William St. Clair in memory of Brian - newsletter

Don & Leslie Dixon in memory of Austin - newsletter

Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: TCF Tyler, PO 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 903-258-2547. 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 Cheri or Trisha so that we may email you announcements and updates about TCF of Tyler. Cheri's email: cheriz708@yahoo.com ~ Trisha's email: trishamanntaylor@gmail.com

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

Announcements

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

New Chapter in our area:
#2477 TCF of Brazos Valley
4201 St Hwy 6 S
College Station, TX 77845
Phone - 979-595-6022
Email: tcfbrazosvalley@gmail.com
Chapter Leaders: Tommy & Polly Myrick

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.

