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We need not walk alone.



P.O. Box 9714
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THE COMPASSIONATE FRIENDS



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 17, Issue 1

Tyler, Texas

January 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, Cheri Zucca, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, MaryAnn Girard, Trisha Mann Taylor

Joan & Bill Campbell, Regional Coordinators: (972) 935-0673
TCF National: (877) 969-0010
www.compassionatefriends.org

The Meeting Agenda

6:30 p.m. - Meeting will begin with refreshments followed by announcement of birthdays and anniversaries and reading of the Credo. We will then have open discussion.

8:00 p.m. - Meeting will close by recognizing our childrens' names. Feel free to visit after the meeting or check out books from our library.

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A Work of Heart

It is with great appreciation that we announce the Tyler chapter of The Compassionate Friends will have new leadership beginning January 2016. Pat and I step down from this position knowing with full confidence we leave you in caring and competent hands. Our experience as chapter leaders for the past 14 years has been rewarding in so many ways. The friendships and relationships made have helped us endure, grow, and given us strength to face tomorrows that were once unimaginable. We can only hope that what we have gained from all of you was shared along the way. We will continue to pray for comfort and peace for you all. We will never forget you and your children as you have made an impact on our lives and our hearts.

Tina Loper & Pat Settle

Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!

Pat Akery, TCF Medford, OR

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.

"Suppressed grief suffocates, it rages within the breast, and is forced to multiply its strength." —Ovid

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

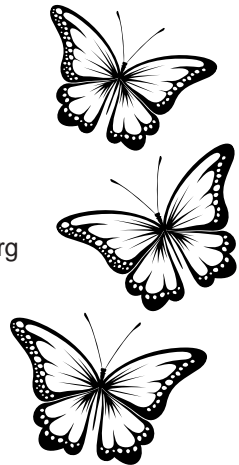
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

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.

- 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.

"If you suppress grief too much it can well redouble." —Moliere



We need not walk alone.

"There is no pain so great as the memory of joy in present grief." —Aeschylus

January Birthdays



Joshua Paul Renaud



Sarah Thompson



Carolyn Love



Hailey Rose Martin



Cameron Robinson



Alexander Johnson



Michael Rucker



Amber Glasco



Erika Stafford



Callie Ann Graul



Benjamin Gilpin



Jocelyn McCormick



Jonathan Sanders



Brooke Wallace



Travis Carpenter



Matthew Skinner



Jacob Mikel Burrell



Tripp Barton



John Kluepper



Kimberly Pryor



Kelynn J'Davion Pinson



Daron Adam Lee



Janet Florey



Paul Ragsdale



Tyler Roberts



James E. Abbie, Jr.



Amanda Michelle Valadez



Andy Hall



Daryn Keith Selman



Leo Cook



Chad Everett Guill



Dylan Prichard



Martha Allen Fields



Patrick Pinkerton



Glenn Ray Hawkins



Derek Miller

Shared Thoughts: Resolving to Care for Ourselves

Marie Hofmockel, TCF Valley Forge, PA

We all approach the New Year very differently. Many cannot wait for the year our child or sibling died to pass, while others feel it separates them further from that person. But, the one thing most newly bereaved agree on, is that they are glad the holidays are over. For some the anticipation was far greater than the holiday itself. When pain and stress control our lives it is very difficult to be optimistic.

We must try to face the New Year with the thought that we will not always be in this much pain. As difficult as it is for us to believe, the pain does soften. One day you will find a tolerable life again. It will not be the same as it was, but in many ways our lives can be richer, for we don't fret over the trivial things we used to. We have learned the real values in life. January is the time of year we struggle to put all our trying events behind us, and begin the year with new expectations. Unfortunately, that does not apply to our grief. We cannot "get on with our life" until we have spent sufficient time resolving our grief. All too often, we choose to repress the most painful emotions. They are too difficult to share with others, and we feel too fragile to deal with them. Once unresolved issues become delayed grief, it can be very damaging, and much harder to resolve.

Perhaps, one of our New Year resolutions should be allowing ourselves freedom to grieve. We need to take time to read, attend meetings, phone a friend, cry, walk, eat healthier, and in general remove our name from the bottom of the list of people to care for, we need to place ourselves at the top of the list, making ourselves number one. We cannot always be a reservoir of strength; this may be the time to let others care for us.

We can't expect this to be a good year if our grief is fresh. But, we should expect good things as well as bad. We have survived the impossible ordeal of the death and funeral. We have learned to take one day at a time, and not to set our expectations too high. If a good day comes, cherish it. Many times we have problems with the most important ingredient of recovery, and that is to learn to laugh and be happy again. We feel guilty for that moment of pleasure, and sometimes even feel it disrespectful. This is not a sign of forgetting, or a lack of love, it is a very healthy sign of hope. I would like to share the last stanza of one of Sascha Wagner's poems, "The New Year," with you.

But let us not forget
that this may be the year
when love and hope and courage
find each other somewhere
in the darkness
to lift their voice and speak
Let there be light.

Who Dies

The death of a child is a fire in the mind. The mind burns with alternatives that never come to pass, with fantasies of remarkable recuperations, with dreams of adult accomplishment.

If we let this fire burn compassionately within us, the grief of the mind, the fantasies, the burning of the spirit, begin slowly to melt away and the child comes more into our heart.

Our anguish can be used to open more fully, to enter as completely as we can into this final sharing. And then, as Rabindranath Tagore wrote in the final lines of his poem, 'The End,' "Dear Auntie will come with presents and will ask, 'Where is our baby, Sister?' And Mother, you will tell her softly, 'He is in the pupils of my eyes. He is in my bones and in my soul.'"

Steven Levine—*from Who Dies*

Continued on next page.





We need not walk alone.

"I am grateful to my father for showing me I am not alone in my grief. Only time can lessen the pain of grief, but my pain is more bearable when I share my grief. I have grown up with the knowledge of people who believe real men don't cry. Maybe they haven't lost a son. Maybe they haven't had a chance to be an example to the daughters who share their grief." —*Carrie Kears*

January Anniversaries Cont.



Rusty Welch



Jeremy Newman



Clayton Norton



Gaaron Hicks



Shellae Vicknair



Loren Saunders



Eric Branch



Brytnie Leah Stithem



Derek Nolan Simoneaux



Haven Grace Davis



Travis Carpenter



Ryan Glasco



Jonathan Russell Eubank



Hailey Rose Martin



Caleb Cecil Luther



Callie Ann Graul



Connie Allred



Samuel Cade Castleberry



Erin Evans



Aubreigh Yates



Rayvn Makynze Caldwell



Joshua Baker

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

Pain

I am not a young man, and I thought I knew the meaning of pain. I have experienced pain from a toothache, arthritis, and even the loss of relatives and friends. But nothing in my fifty-four years had prepared me for the pain I experienced when we lost our son. I had no clue to real pain.

I think only a bereaved parent knows the true meaning. Not to belittle the loss of a parent or spouse, but those who have lost both tell me that it is not the same. My mother said to me at my brother's funeral, "Now I know how you feel." Even though she had lost a grandson, it was not the same.

It has been almost five years now, and there hasn't been a day go by that I don't see his picture or think of him and feel that pain. Pain for what we lost—and for what he lost. That pain is not as intense now. I have learned to tolerate it and still lead a normal life. The Compassionate Friends helped me to realize that I was not alone and that there were many others who felt that same pain. They helped me learn how to deal with it. Now it is my turn to try to help someone else.

Harold F. Underwood, TCF Southern Maryland



We need not walk alone.

"Each of us finds an escape from the world after the death of our child...something to revise our history and help us survive. But eventually we must seek balance, find ways of coping with our soul-shattering loss and ground ourselves in our new reality. The Compassionate Friends has done all of that for me. But I had to take the first step." —*Annette Mennen Baldwin*

Pictures

I set them out. I put them away—get them out and start to go through them filled with wonder that the daughter pictured there is no longer going to call or walk in the door or send a card filled with love and humor. Cards that brightened my day and me laugh and always prompted me to call her and give her a big hug when she walked in the door.



Pictures. I get them out. I run my hand over her face lingering on her lips remembering "kissy face mom." And suddenly overcome with grief pull that picture to me and I kiss her and tell her how much I love her and how very much I miss her—and then I look again, and see her eyes—eyes that sparkled and twinkled with mischief though at times filled with deep reflection. She was a sensitive intuitive young woman who possessed wisdom and insight much beyond her years. She "left us" when she was only 24.

Pictures. At times I hate them. They show me what I don't have. They bring back memories of a time when Jody was healthy and happy. A time when life with her was a joy. I am not yet to a place in my grief-healing where I can remember those times very well. I'm still filled with memories of her illness pain and death; and I'm still at the place that I want all of those horrible memories to be a bad dream, a dream that I will wake from hearing Jody's voice calling me to come outside so that we can take some—pictures.


Patty Fallon, TCF, Central Oregon

Thanks for your continued support of TCF of Tyler.


In loving memory of
Brandon & Cameron
by Ike Weatherly


In loving memory of
Alec Thigpen
by Nannette Ray




In loving memory of
Ryan
by Mary Delaney



In loving memory of
TJ
by Mona Anderson



In loving memory of
Jared Sheets
by James & Linda Crawford



In loving memory of
Cory Blackmon
by Charles & Billie Bridges



In loving memory of
Keisha
by Jon Knauss



In loving memory of
Ava Knight
by Bob & Jan Moch



In loving memory of
Ryan Goff
by Anonymous






We need not walk alone.

"'Why me?' is a singular and lonely question, but it doesn't have to be. Together we can give hope to the hopeless and comfort to the suffering. All we need to do is reach out, then maybe the 'Why me?' will answer itself." —Polly Moore

What is New About the New Year?

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noisemakers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives; a desire to leave behind some of the problems, sorrows, worries and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So we give the New Year's Eve party a try.

But it really doesn't work for most of us; we see now that we are just the same and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year?

I'd like to suggest a few things we can try. Let's make an effort to find new friends. A good place to start this is at Compassionate Friends meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and the inertia suffered by bereaved parents.

In the New Year, let's also find new ways to be close to the family that we have left. We feel regrets about hugs not given, letters not written, "I love yous" not said often enough. We can do all these things now. We can establish new memories with the family we have right now.

Another way to move into this New Year with a better feeling is to think about what we can do for others, because that is truly a way to help ourselves, too. If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a shoulder to lean on, we'll grow stronger ourselves.

For those parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible yet. For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.

Dory Rooker, TCF, Upper Valley, VT

Bent But Not Broken

The beautiful flowering tree planted in Nina's memory on Memorial Day a year short of a decade ago (by her favorite cousins) looked so regal and smelled so delicious yesterday. I like to think it flowers this time of year as a special birthday message from my "baby girl." However, with the vicious storm we had last evening I watched the soft white petals drift and swirl to the ground, as if a deluge of tears from a breaking heart. Today, it sits almost bare—a few petals still hanging on for dear life, unable to let go, desperate to regain its former beauty.

I can't help but see a symbolism in that tree that I can associate with. It is as if it stands as a monument to my grief, the ebb and flow of emotions that I have felt for the past nine years since Nina no longer walks this earth. When the tree is in full flower it seems much like family life "before." Of course there were short-term crises, that now seem insignificant in comparison, and life's speed bumps along the way, but all in all, pretty good. I mean, at least our family was intact. When the leaves were suddenly stripped of their branches and thrown to the ground in the furious hailstorm, it was like our lives after Nina's sudden death; thrown suddenly into a world of intense pain and sorrow, trying desperately to survive the unthinkable.

But, yet this morning, the tree stands, more barren and most definitely battered, but still hanging in there. Nine years later, those who love her, have weathered the tornado-like force of grief and loss. And nine years later, much like Nina's tree, though the storm has taken its toll, we will still manage to be upright; definitely bent, but still standing. And somehow, life roars on...

With gentle thoughts, Cathy Seehuetter, TCF St. Paul, MN



We need not walk alone.

"Mourning delayed is just mourning denied, and, it will not be denied! Left untreated, it wreaks havoc emotionally and physically. Unresolved mourning probably takes its toll on many marriages. The road to recovery is a journey going through childhood survival in all of its stages." —Aaron Pueschel

January Birthdays Cont.



Aubreigh Yates



John Miller



Kelbi Mathis



Richard Allen Wilgus



Kammon Gebro

January Anniversaries



Brittany Butler



Ashley McCaa



Bonnie Lee Benson



Jason Brown



Taylor Davis



Jana Lauren Shearer



Dylan Corey



Michelle "Missy" Green



David LaTrell Milton



Makenzie Shyanne Morehead



Benjamin Gilpin



Lauren Campbell



Michael R. Peymon



Brennen Applegate



Blake Alexander King



Haylee Lee



Danielle Celeste Yura



Logan Alexander



Daron Adam Lee



Christopher Baggett



Charles "Bryan" Meadows



Mary Adams



Susie Gorman



Betsi Marie Wyatt

Continued on next page.

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





We need not walk alone.

"The world loves closure, loves a thing that can, as they say, be gotten through. This is why it comes as a great surprise to find that loss is forever, that two decades after the event there are those occasions when something in you cries out at the continual presence of an absence." —Anna Quindlen

Please Let Me Mourn

I've never lost a child before, and I don't understand all these emotions I am feeling. Will you try to understand and help me?

Please let me mourn. I may act and appear together, but I am not. Oftentimes it hurts so much I can hardly bear it.

Please let me mourn. Don't expect too much from me. I will try to help you know what I can and cannot handle. Sometimes I am not always sure.

Please let me mourn. Let me talk about my child. I need to talk. It's part of the healing. Don't pretend nothing has happened. It hurts terribly when you do. I love my child very much, and my memories are all I have now. They are very precious to me.

Please let me mourn. Sometimes I cry and act differently, but it is all part of the grieving. My tears are necessary and needed and should not be held back. It even helps when you cry with me. Please don't fear my tears.

Please let me mourn. What I need most is your friendship, your sympathy, your prayers, your support, and your understanding love. I am not the same person I was before my child died, and I never will be. Hopefully we can all grow from this shared tragedy.

Please let me mourn. God gives me strength to face each day and the hope that I will survive with His help and yours. Time will heal some of the pain, but there will always be an empty place in my heart.

Please let me mourn. Please let me mourn and thank you for helping me through the most difficult time of my life.

Lonnie Forland , TCF Northwood, IA

As Long As I Can

As long as I can, I will look at the world for both of us.

As long as I can, I will laugh with the bird, I will sing with flowers, I will play to the stars, for both of us.

As long as I can, I will remember how many things on this earth were your joy.

And I will live as well as you would want me to live, as long as I can.

Sascha

(Sascha's son Nino drowned at age three; years later, her daughter, Eve, died by suicide at age 21.)

In This Place

Brave hearts, you are here. You have traveled a dreadful distance. You have come, seeking solace, understanding, hope, threads to patch what death's so cruelly undone.

In this place you can relax and breathe . . . the coats of others' expectations taken off. Walk into these few hours as into an oasis where draughts of love and memories can be quaffed.

In this place all names can be spoken; in this place each one's story may be told. We will not be discouraged by your sorrow; in this place ALL feelings, we enfold.

Here laughter does not mean we are forgetting; we do not count how many tears are shed. Both fuel us, fellow travelers, give us courage, for the long and winding road we see ahead.

And those we love are pleased we are together, smile down on us, and bless this day, glad for every tiny step we are taking as they send their light to guide us on our way.

Traveling with us as we journey onward, sending strength for what the miles may bring, they are a part of everything we do that matters—in every dance we dance, and every song we sing.

Genesse Bourdeau Gentry (Written 30 July 2004 for those attending their first meeting of The Compassionate Friends.)

Last Moments

Last moments
Snatches of conversation
That echo across all decades...
Priceless words
Indelibly etched on the heart.
Sometimes

Thoughts were never spoken
But unexpected sentiment—
A quick embrace, a silly smirk,
Or joyous laughter—
Reaches through the pain
And warms the heart.

We came too soon to understand
The folly of harsh words
Or neglected touch,
For who can know which
Taken-for-granted event
Will become
A last moment.

Diane Fields, TCF Westmoreland, PA



We need not walk alone.

"To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness." —Erich Fromm

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](#)

[See more love gifts on page 7.](#)



Thanks to all who helped with the Candle Lighting in December including:

MaryAnn Girard
Billie Gail Turknett
Dennis Johnson
Adam Dodson
Barbara Barton
Sam Smith

David & Teresa Terrell
Ellen Jenkins
Lori Anderson
Chad Braswell

Crossroads community church
Tyler morning telegraph
KETK

Suzy Q's in Brownsboro for flowers
Patty with champions for children
Lindsey Denney
Todd & Sabrina Thoene
Lauren Dodson
Lana Kaye Taylor
Trisha & Ponch Taylor
Jim & Cheri Zucca

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.

