



# The Compassionate Friends

Supporting Family After a Child Dies



*We need not walk alone.*



www.TylerTCF.org

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**IMPORTANT NOTICE:** Our newsletters are now posted online at TylerTCF.org. Please review our form on page 11 regarding your options on receiving our newsletter. We will continue to send a printed version to anyone who does not have access to the Internet.

Volume 18, Issue 1

Tyler, Texas

January 2017

### 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  
Secretary .....Trish Mann Taylor  
Newsletter/Website .....Mary Lingle  
Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: 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, Barbara Barton, Heather Ogg

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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### 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 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

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.*



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





We need not walk alone.

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

## 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](http://compassionatefriends.org)  
Also offers grief support for **siblings & grandparents**

**Children Are A Gift Foundation:** [www.childrenareagift.com](http://www.childrenareagift.com)

**GriefShare:** [www.griefshare.org](http://www.griefshare.org)

**MADD East Texas (Mothers Against Drunk Driving)**  
[www.madd.org/local-offices/tx/east-texas](http://www.madd.org/local-offices/tx/east-texas)

**Smith County Victim Services Division**  
[www.tdcj.state.tx.us/divisions/vs/counties/smith.html](http://www.tdcj.state.tx.us/divisions/vs/counties/smith.html)

**The Hospice of East Texas:** [www.hospiceofeasttexas.org](http://www.hospiceofeasttexas.org)

**Victim Services Division - Texas Department of Criminal Justice - Online Resource Directory**  
[www.tdcj.state.tx.us/divisions/vs](http://www.tdcj.state.tx.us/divisions/vs)

**Survivors of Suicide:** [www.allianceofhope.org](http://www.allianceofhope.org)

**Samaritan Counseling of Tyler:** [www.scctyler.org](http://www.scctyler.org)

**Tyler Counseling & Assessment, LLP:** [www.tyler-counseling.com](http://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](http://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](http://www.copefoundation.org)

**Grief Camps for Kids:** [www.moyerfoundation.org/programs](http://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](http://www.TylerTCF.org))

I am enclosing a memorial to support The Compassionate Friends in the amount of \_\_\_\_\_  
Please make check payable to TCF

In memory of \_\_\_\_\_

Please use this gift for:  TCF Newsletter  Butterfly Release  Candle Lighting  TCF Events

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.*

"Lean on us, for we have been where you are today. We will walk with you on your journey toward hope, peace and resolution. It is in this place that the healing will begin. This is a new year." —Annette Mennen Baldwin

### 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

*Continued on next page.*



*We need not walk alone.*

"In that one second, one thought, one decision, one action, I found the strength he had given me and I will not let him down. I will not let that one moment be the only one." —Michele Mallory

### Getting On With Life—What Does It Mean?

Of all the statements and spiritual platitudes quoted at me since my son Daniel's death, the phrase that I hear most frequently makes me squirm the most. "You have got to get on with your life." Recently I quit squirming long enough to ponder the meaning behind this phrase that is usually said to the bereaved in the form of a command. Exactly what does this phrase mean? What are people implying when they say it?

I was pregnant when Daniel died, and three months later I gave birth to a baby girl. Wasn't that getting on with life? I nurtured my three children, took them to school, the park and birthday parties. Now wasn't that going on with life? I even cooked dinner at least four times a week!

At first after Daniel's death, I would have liked to literally stop my life and be buried next to my son, but I kept existing. Like a plastic bag tossed about by the wind, I was fluttering, being carried by the events of life. Seasons came and went. In the spring, I planted marigolds and tomato vines. In the autumn, I jumped in fallen leaves with my children. I continued; I am still continuing to live.

Now I may be bereaved, but I am by no means a fool. As I ponder the meaning behind "getting on with life," I know exactly what those who say this have in mind. "Forget your dead child. Quit grieving. You make me uncomfortable!" Getting on with life means don't acknowledge August 25, Daniel's birthday, anymore. Forget how he slid down the snowy bank in the recycle bin, sang in the van and ate Gummy Bears. Forget he had cancer, suffered and died at only age four. Don't see the empty chair at the dinner table, don't cry, just live!

Some who are more "religious" would like to believe that a bereaved parent can claim, "My child is safe and happy in heaven. Therefore, why should I yearn for him?" Perhaps I pose a threat to certain types because I have let it be known I question God. I weep. I have been angry. I miss my Daniel. Maybe old friends feel if they hang around me too long I might convince them that a few of their illusions about life are just that, illusions. As my cries of anguish are heard, there are those who can only think how to make me be quiet. To stop my heartfelt yearnings, they say quite sternly, "You must get on with your life."

I am living. I do move on with life with Daniel in my mind and in my heart, although he is not physically here as I continue to live and to love. To sever his memory totally from my life would cause destruction and damage that would ruin me. To push Daniel out of my life and not be able to freely mention his name or write & speak about who he was on earth would only bring more pain to my life. I'd shrivel up. Comfort for me comes in remembering with smiles how he drew with a blue marker on his sister's wall, ran outside naked and picked green tomatoes. For the reality is, getting on with life means continuing to cherish Daniel.

*Alice J. Wisler, Bereavement Magazine, Sept./Oct. 2000, Colorado*

### 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.*

“Eventually we can relive our memories with real joy, grateful for them and even more appreciative of the time we had together. If you are in the midst of painful memories at the moment, take heart that it will not always be so.”  
—Shirley Ottman

### 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.

### Gifts of the New Year

Faith that, in spite of the pain of today, I can and will learn to go on, one step at a time, one day at a time, learning to once again truly enjoy the little (and bigger) things that come my way.

Patience when I'm having a bad day, when I seem to take two steps backward and only one forward in learning to cope with the death of my child.

Laughter, which someone said is the best medicine. I believe laughter is a positive source of healing. When I feel good laughing at some silly little thing that comes along, I know another little part of me has healed.

Time: If nothing else, the new year offers the gift of time—time to heal, to learn to cope, to put some wholeness back into lives that seem hopelessly broken.

Won't you join me in opening these gifts? You see, they aren't just mine to receive; they are gifts to be shared by all. You need only reach out and accept them. Each of these gifts can help us go on with our lives.

May the new year bring you all of these gifts and many blessings, but most especially, may you receive the gift of peace.

Audry Cain, TCF Western New York



*We need not walk alone.*

“When I come to the end of my journey and I travel my last weary mile, just forget, if you can, that I ever frowned, and remember only the smile.”  
—Author unknown

### One

It was only 1 second, one thought, one decision, one action in a lifetime of seconds, and thoughts, and decisions, and actions. It was so fast, so permanent, so irreversible, so hopeless. This moment, this thought, this decision, this action do not define him, do not honor him, do not immortalize him. It is the preceding 946,080,000 seconds, and thoughts, and decisions, and actions that define him, that honor him, that immortalize him.

I remember my brother in all of the other seconds, and thoughts, and decisions, and actions that preceded this one. I remember him coming home from the hospital, lip syncing in the basement, falling out of the tree, biking across campus, coming home from school, from boot camp, from war... I remember him hiking, and skiing, and running, and laughing, and crying. I remember how safe I always felt when he was around. I knew he would take care, protect, defend.

I don't remember exactly when my brother became an amazing human being—I just looked at him one day and knew he was. I knew that nothing would make him change his mind about me. He was without judgment, without prejudice, without preconception. I knew my brother because we talked and he listened. I respected my brother most for his humanity—for being so sensitive, so vulnerable, so honest. I loved my brother for sharing the load when it was too hard for someone he loved to carry alone. I knew my brother because he left so much of him in me.

I trusted and respected my brother's decisions in the preceding 946,080,000 seconds, I have to trust and respect this one decision the same. I honor my brother by honoring myself. I do not dwell in that one moment, instead I celebrate and cherish all of the others. In that 1 second, one thought, one decision, one action, I found the strength he had given me and I will not let him down. I will not let that one moment be the only one.

Michele Mallory

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

In loving memory of Jonathan Sanders by Billy & Tammy McCutcheon (We miss you daily.)



In loving memory of Ryan Goff by Sherry Reston



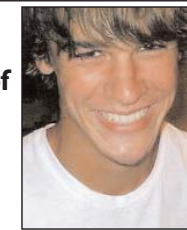
In loving memory of Alex Conway by Robert & Trisha Taylor



In loving memory of Andy Terrell by David & Teresa Terrell



In loving memory of Chris O'Leary by Merri Walsh



In loving memory of Leah Zucca by Jim & Cheri Zucca



In loving memory of Chad Cavazos by Dale Cavazos



In loving memory of Christopher Loper by Tina Loper



In loving memory of Jared Sheets by Carol & Shane Johnson



In loving memory of Stephanie Settle by Danny & Pat Settle



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





*We need not walk alone.*

"A wounded heart, not allowed to mend from the depth of its agony, will be as an abscess to swell and undermine, erupting at a distant time. Or, suppressed, will slowly choke the spirit of its host. Only the bearer will know when his heart has healed." —Nancy Green

### Some People Say . . .

"I wouldn't go to one of those grief meetings. It's morbid—people sitting around talking about the dead." How wrong those people are!

In so many ways, those who attend are saying, "I am hurting now, but I want to go on with my life." They are saying, "I am crying now, but I want to laugh again." They are saying, "I am sick in body and soul; help me get well." I see these things as healthy, not morbid.

It is not easy to walk into a meeting of any kind alone, especially one where the subject is very emotional; but once there, it takes only a few minutes to find out we are not alone; that there are those who care about us and want to help us. We see others hurting and suddenly we want to help them. I don't see that as morbid.

A grieving parent wants to talk about his beloved child who is no longer physically part of his life. That child has died with a tragic suddenness or as a result of an illness that usually takes older people. We want to know why or find a reason or some meaning in our child's death. I don't see any morbidity in trying to understand.

Memories of our child are all we have left. We have a driving need to hang on to those memories lest we lose that small bit of our child. It is not morbid to want to keep that small part alive forever, at least in our hearts and minds.

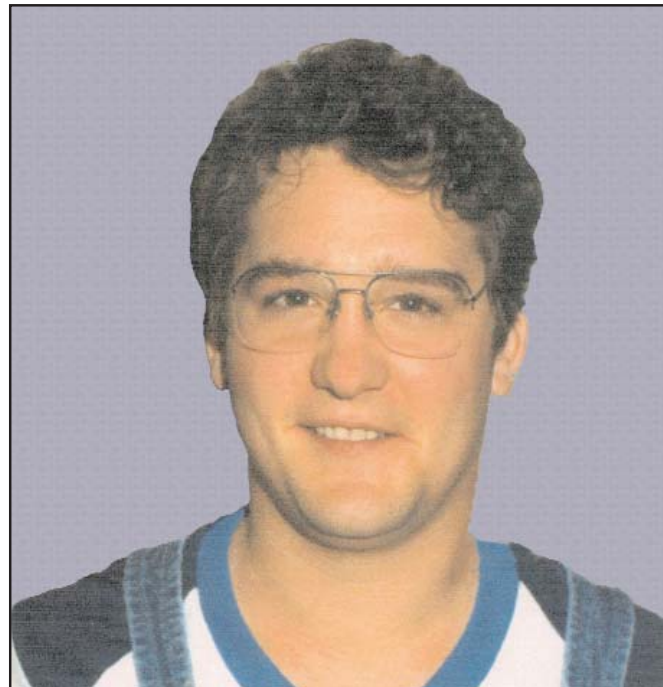
To walk into a bereaved parents' meeting is a loud shout - "I want to live and be happy again." It is a cry that "My child is dead, but I know he would want me to go on and be a better person for the suffering." It is a confirmation that "Even though part of my life is gone, there is a reason to go on." There is nothing morbid about doing what is necessary in order to re-enter the mainstream of life.

*Margaret Gerner, TCF St. Louis, MO*

## Brian Neil St. Clair

### In loving memory of Brian

## Janet St. Clair



**This month's newsletter is sponsored by Janet St. Clair.**

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.*

"Those who weep recover more quickly than those who smile."  
—Jean Giraudoux

### January Birthdays Cont.



Aubreigh Yates



John Miller



Kelbi Mathis



Richard Allen  
Wilgus



Kammon Gebo



Hudson Ayers



Brian Peel

### 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.*

"No one ever told me that grief felt so like fear." —C.S. Lewis

### Adjusted

"It's been several years since your son died," They say,  
"Surely, you must have adjusted by now."

Yes, I am adjusted—

Adjusted to feeling pain  
And sadness and grief and guilt and loss.  
Adjusted to hurting and unexpected tears.  
Adjusted to seeing people made  
uncomfortable upon

Hearing me say "My son died."  
Adjusted to losing my best friend because  
I'm not always "up."

Adjusted to people acting as if grief is contagious.  
And TCF meetings are "morbid."  
Adjusted? Oh, yes, to many things.

Knowing I won't hear his voice, but listening for it still.  
Knowing I won't see him drive his Toronado,  
But staring at every one I see.

Adjusted to feeling empty on his birthday  
And wishing for just one more time with him.

Adjusted: As life goes on—  
To realizing I cannot expect everyone I meet  
To wear a bandage—just because I am still bleeding.

*Shirley Blakely Curle, TCF Central AR*

### A Name for My Pain

I have given a name to my pain—  
it's called "Longing."

I long for what was,  
and what might have been

I long for his touch and smell of sweat;  
I long to hold him one more time.

I long to look on his beautiful face  
and impress it upon my memories and heart.

I long to return to the day before  
and protect him from his death.

I long to take his place,  
so he may live and have sons too.

I long for time to pass much faster,  
so my longing and pain will lessen.

Will they?

*June Williams-Muecke, TCF Houston West Chapter*

### To My Friends

This is my pain.  
Let me feel it.  
Don't tell me not to cry.  
I know you mean well, dear friend.  
But telling me not to cry,  
Tells me you don't understand.  
But, how could you, really?  
Have you lost a child?  
Have you given birth, loved and laughed,  
And then watched him die?  
This is my pain.  
Let me feel it.

Be patient with me when I want to scream  
to cry  
or be crabby  
or talk about him  
or be alone.  
This is my pain.  
Let me feel it.

I know you'd take it all away,  
if you could.  
But you can't.  
I can't avoid it,  
Or stuff it down somewhere,  
Or run away from it  
Because it always finds me again.  
The cold, hard fact is,  
That I had a child that died,  
and it hurts.

So I know, that this is my pain,  
And I have to feel it.  
To get through it.

*Carolyn Johnson, TCF Yuba City, CA*  
From *We Need Not Walk Alone*, Summer 1994

### Endowment

Hope gives us vision for regaining  
the tenderness of memories.  
Hope carries us through to survival and healing.

Hope offers us courage  
for acceptance and overcoming.  
Hope gives us new spirit and new laughter.

Hope is among the greatest gifts  
to be found in time of sorrow.  
But hope cannot restore on earth  
what is lost to death.  
Hope can only go forward and make us new.

Give space to hope in your life.

By Sascha, From *LARGO*, Fall 2001



*We need not walk alone.*

"Life's unfairness is not irrevocable; we can help balance the scales for others,  
if not always for ourselves." —Hubert H. Humphrey

### 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

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 903-258-  
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 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](http://www.tylertcf.org)

### 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 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! 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](http://www.compassionatefriends.org) for dates and times.

**Quilt Update:** All squares have now been filled for our final  
quilt and it's being worked on by MsMary's Quilts.

### VOLUNTEER OPPORTUNITY!

Dear TCF Members,

We are looking for volunteers to send out birth-  
day and anniversary cards each month for 2017.  
We would like to get two people per month, as it's  
getting to be a lot for one person to do.

Please, let us know if you can help. If you volun-  
teer we will send you a reminder and the list of  
addresses a few weeks in advance to the month  
you volunteer for. Card and stamp costs will be  
reimbursed, if desired, but we do need the  
receipts.

Sincerely,  
Cheri & Trisha

Thanks to all who attended  
and/or volunteered at the  
2016 Candle Lighting  
Ceremony.

