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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 7

Tyler, Texas

July 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
SecretaryTrish Mann Taylor
Newsletter/WebsiteMary Lingle
Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: David & Teresa Terrell, Mary Lingle, Lisa Schoonover, Cheri Zucca, Don & Leslie Dixon, Janet Majors, 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.

In This Issue...

Welcome2
Grief Resources2
Announcements3
Birthdays4-5
Anniversaries5-6
Donations7
Newsletter Sponsors7-8
After Suicide9
Poems10

Vacations

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the "take it easy" kind-at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you.

We've said it many times: YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change-it can help with your re-evaluation of life.

Elizabeth Estes, TCF Augusta, GA

Support from Family and Friends

There are many things that a newly bereaved person needs during the first few weeks. One of the most important is support from their family and friends, who should be there to let them talk and to really listen, to give hugs, and to help with any chores the bereaved are not able to accomplish yet. It's hard for them to even think ahead to what should be done—washing clothes, cleaning, even answering the telephone may seem impossible. Many families have found it hard to go shopping for just basic groceries. They need someone to lend some thoughtful ideas and maybe see to some of these tasks a few times until their numbness has lightened a little.

Family and friends need to realize that the person who is grieving may never be the same. They will always be without their loved one and their lives will never be the same as before the death.

Since my daughter Teresa died I too have changed a lot; I have many new friends; I do things I'd have never done before, such as becoming a chapter leader, a newsletter editor and just recently writing articles on grief in these newspapers. I have more compassion towards others than before, and my interests are so very different now. If there were gifts resulting from a death, I'd say I have received many. Some people may think what I do is depressing. I feel it is helping others and at the same time helping me with my own healing.

Jackie Wesley, TCF East Central Indiana and Miami-Whitewater Chapters

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.

"Grief. The pain now is part of the happiness then. That's the deal." —C.S. Lewis

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:

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.

"We have a new sense of priorities. We don't 'sweat the small stuff.' We know what matters because we know what is irreplaceable. And we know how deeply other people hurt because we, too, have been there. We 'know how they feel.'" —Richard Edler

July Birthdays



Morgan Finley Lambeth



Robert Lynn McMahon



William Jeffrey Stack



Melissa Elaine Majors



Shiloh Paisleigh Gray



Justin Corey Modisette



Madeline Joy Kearney



Cobin Frazier



Terry Wayne Brown



Grant Williams



Cameron Weatherly



Lester "Bubba" Chase



Andrew Moreno



Ryan Delaney



John Shade



Ashton Wayne Yates



Josh Chambers



Laura Wilkinson



Kyle Beck



Lindsey Peyton Goen



Carly Smith



John Wallace



Adrian Hampton



James Fincke



James Wilkinson



Jaime Arellano, Jr.



Christopher Mize



Felicia Hobbs



J.L. Adams



Nathan Spataro



Tommy Ford



Evan Blake Alexander



Alex King



Darrell Lynn Sallas, II



Darrell Bolton



Brad (BJ) Huggins

Continued on next page



We need not walk alone.

"In the art of losing we can choose who we will be. We break, but we break open so that we can include more of life, more of love. We get bigger in order to carry with us what we choose to continue loving." —Deborah Morris Coryell

After Suicide

Denial and feelings of shock, guilt, anger, and depression are often a normal part of grief reactions, but are especially heightened when a child has died by suicide. Though difficult to accept, it is not unusual to experience feelings of relief if the relationship with the child was stressful or destructive to the family unit.

The suicide of one's child raises painful questions, doubts, and fears. The knowledge that your love was not enough to save your child and the fear that others will judge you to be an unfit parent may raise powerful feelings of failure. Realize that as a parent you gave your child what makes us human—the positives and the negatives—and what your child did with that information was primarily your child's decision.

It isn't uncommon for newly bereaved parents to express thoughts of suicide, regardless of how their child has died. Remember that suicide is not inherited. Be patient with yourself and your family, and seek professional help and family counseling if necessary.

The stigma often associated with suicide is the result of cultural and religious interpretations of an earlier day. You will find it difficult to progress in your bereavement unless you confront the word suicide, difficult as it may be.

Keeping the cause of death a secret will deprive you of the joy of speaking about your child and may isolate you from family and friends who want to support you. Rather than focusing on the stigma surrounding suicide, concentrate on your own healing and survival.

Anger: You may feel anger. It may be directed at your child, those you believe failed to help your child, God, those who try to help you, or just the world in general. You may be angry with yourself because you were unable to save your child. It's okay to express anger, a common emotion when a child has died by suicide. Sometimes healing cannot begin until this anger is confronted and expressed. However, a healthy expression of anger does not include hurting yourself or others.

Guilt: Feelings of guilt following a child's suicide are normal—for parents and family, friends, classmates, and even coworkers. "If only" is a phrase you may find yourself repeating frequently. You may need to feel guilty for a while until you begin to understand that you are not ultimately responsible for the decisions and actions of another human being, including your child. Sometimes you need to go through a feeling to get beyond it. Believe in yourself. You are human—accept your limitations.

Questioning: Some parents feel a need to ask "why?" Often, of course, there are no clear answers, which often proves highly frustrating for parents and other family members. After some time you may reach a point where you begin to realize that there are some questions about the death of your child that will never be answered.

Depression: Lack of energy, sleep problems, inability to concentrate, not wanting to talk with others, and the feeling there is nothing to live for are all normal reactions in bereavement. Situational depression, as opposed to clinical depression, should eventually wear off. You can fight this type of depression with moderate physical activity, plenty of rest, and a good diet. Allow family and friends to take care of you. You don't have to be strong. Maintain contact with persons you value. Talking with others who have been through a similar situation may help you to cope. You may even learn from them that it is okay to laugh and smile, even though this seems impossible now. If the depression does not appear to lessen over time, you may want to talk with a qualified professional who can determine how best to help you.

Disillusionment: Often parents find themselves in a spiritual crisis and question their beliefs or feel betrayed by God. Religious concerns about the hereafter also surface. "Why did God let this happen?" is a question we can no more answer than all other questions about imperfections in this world. Talking about spiritual and philosophical questions with other parents who have experienced a suicide may be helpful. For those with concerns of a spiritual nature, do try to find a gentle, nonjudgmental member of your faith and open yourself to that person.

Coping Constructively: As a family, talk about the death with one another; discuss your loss and your pain. Talk about the good times you remember, as well as those times that were not so good. All family members will be grieving in their own manner—don't criticize because of these differences. Remember that it is better to express feelings than to internalize them and that crying is healthy and therapeutic.

You may find it helpful to write out your feelings or to write a letter to your dead child, expressing all the things you were not able to say before the death. For many, this is a good way to say good-bye.

Allow friends to help. When they ask what they can do for you, don't be afraid to tell them of your needs and what will help you. It will also help them.

Consider becoming involved with a self-help bereavement group such as The Compassionate Friends. Through sharing with others who have walked the same path, you may gain some understanding of your reactions and learn ways to cope. Seek professional help and family counseling if necessary.

Give yourself time, time, and more time. It takes months, even years, to open your heart and mind to healing. Choose to survive and then be patient with yourself. In time, your grief will soften as you begin to heal, and you will feel like investing in life again.

From The Compassionate Friends national website





We need not walk alone.

"Tearless grief bleeds inwardly."
—Christian Nevell Bovee

July Anniversaries Cont.



Erika Reyes



Sara Ann Plocheck



Shiloh Paisliegh Gray



Jamie Allen



George Washington Shaw, III



Shanna Marie Redmond



Michael Knight



Jason Bollard



Trey Dobbs



Kathy Jo Tumminello



Brian St. Clair



Ryan Delaney



Adam Grabill



Brian Christopher Harris



Christopher Andrews



Grant Williams



Gregory Davis, Jr.



Coby Deese



Herby Parr



Kody Dale Hughes



Shane Odening



Lance Alan Massey



Scott Bradshaw



Graham Gill



Ke'Andre Ross



Justin Turbeville



Aceyn Richards



Ashley King



Keith Radabaugh



Megan Parrish



Joshua McDaniel



Brian McDaniel



Kayla Denise Wager



Linton Daniel Wilgus



Johnny Snyder



We need not walk alone.

"My tears are not a sign of weakness or a lack of hope or faith. They are symbols of the depth of my loss and, I am told, a sign that I am recovering." —Marcia Davis

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

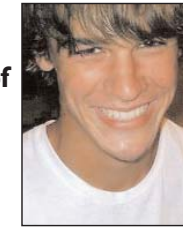
In loving memory of Alex Conway by Robert & Trisha Taylor



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.

Melissa Majors

In loving memory of Melissa

by Janet Majors



This month's newsletter is sponsored by Janet Majors.

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.

“Unlike any other love in life, a parent's love is unconditional and transcends all. There is a peace in knowing that. The pain doesn't end. It simply reshapes itself into a quiet, soft ache that gives us a gentle, often tearful, reminder that our child will always be with us. And perhaps that is as it should be.”
—Annette Mennen Baldwin

Lance Moss

In loving memory of
Derek “Lance” Moss

by Carolyn Moss



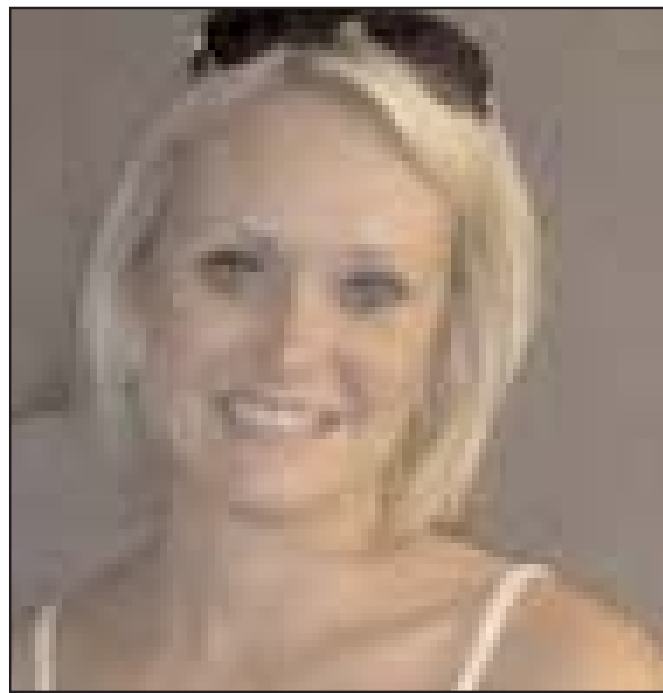
This month's newsletter is sponsored by Carolyn Moss.

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

Lindsey Barton

In loving memory of
Lindsey

by Barbara & Lee
Barton



This month's newsletter is sponsored by Barbara & Lee Barton.

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.

“When someone takes his own life, we anguish that we should have known enough to help—but only God knows the weight of another's burden.”
—Mother Teresa

July Birthdays Cont.



Lindsey Barton



Stephen "Chadwick"
Williford



Jason Eubank



Ryan Goff



Colton James Bain



Keisha Knauss



Michael Slay
Chapman



Travis Morris



Angela Frazier



Suzanne Renee'
Glover



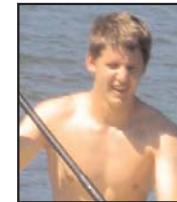
Sheila Nolen



Jasmine Pruitt



Brevon McCarty



Zachary Bradley



James Rawls



Joshua Baker



Ke'Andre Ross



Zain Hussain

July Anniversaries



Renee Seale



Caleb Scott Jones



James Permenter



Matt Mears



Walter Dale "Skipper"
Winningham



Christopher Mize



Lisa Marie Tutt



Chandler James
"Jimmy" Brazell



James E. Abbie, Jr.



Dex Bailey
McLean



Morgan Finley
Lambeth



Ben Smith



Andrew Moreno



Allison Carson



Brian David Stewart



Missy Rogers



Chasen Shirley



Timothy Allen
Hawkins



We need not walk alone.

"Your broken heart requires at least as much care as a broken bone. With proper care you can be confident that you will heal. The same powerful forces that mend a broken bone will heal your emotional pain, but a wounded heart needs time and proper care to heal." —Harold Bloomfield, MD



Zain

The days fly and the nights linger.
How did you slip through my fingers?

Your voice echos, your smiles resonate,
your soul soars and mine roars
behind these doors.

Sores plague my thoughts of oughts and
nots trying to connect the dots.

Spots of madness filled with gladness
nevertheless all still monotonous without you.

Your spark, bright enough to light the dark.
Bright enough to illuminate my fate.

It's late, still I await the date for you to open the gate.

By Ali Hussain. For Zain Hussain. TCF Tyler, TX

Newly Bereaved . . . Burden of Grief

As I struggle with words to find answers
Reading and writing my pain
The pages grow blurred before eyes that are tired
From this crushing emotional drain.
The relief that comes from the writing
Parallels what I feel when I read—
To open myself to the torture of loss
Seems to soothe this unbearable need.
There's no pleasure in life at this moment
It's an effort to get through the day
And I labor to stay above water...
But the shoreline is so far away.
So I pick up a pen or a book about grief
And it serves as a raft for a while.
And I hope, as my tears fall on pages of pain
That I'll learn once again how to smile.
As I swim toward the shore of acceptance
I pray for the peace of belief
That heaven's your home and you're waiting for me
Then I'll finally be free of this grief.

*Sally Migliaccio, TCF Babylon, NY
From Tracey, An Extraordinary Child*

Your Compassionate Friend

I can tell by that look friend, that you need to talk,
So come take my hand and let's go for a walk.
See, I'm not like the others—I won't shy away,
Because I want to hear what you've got to say.
Your child has died and you need to be heard,
But they don't want to hear a single word.
They tell you your child's "with God," so be strong.
They say all the "right" things that somehow seem wrong.



We need not walk alone.

"My story and my age may be different from yours, but the bottom line is the same: my child has gone to a place where I cannot go, and I miss him so much. The pain of grief is still there, but I am living life one-day-at-a-time, enriched because my son came through my body into my life." —Helen Godwin

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 1755 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 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! 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!

Dear TCF Members,

As always, we welcome volunteers to serve in any capacity within our group, including sending out birthday and anniversary cards each month. We would like to get two people per month, as it's getting to be a lot for one person to do.

We had a beautiful Butterfly Release in May and appreciate all who helped.

It's only July, but before we know it, we'll be planning our Annual Candlelighting Ceremony for December.

If you'd like to get involved as a volunteer 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.

Sincerely,
Cheri & Trisha