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.
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

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

The Childrens Park: www.childrensparktyler.org
Glory Babies meets the third Tuesday of every month at 6:30 p.m. at Alison house next to The Children’s Park of Tyler: www.glorybabies.com
GriefShare: www.griefshare.org
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 the second Thursday of each month from 6-7 p.m.

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... 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.”

We're on Facebook! Search for The Compassionate Friends of Tyler and Like our page.

Thank you for your donations and continued support of TCF of Tyler.

Lindsey Barton

In loving memory of Lindsey
by Barbara Barton

Thanks to Barbara Barton for her generous donation.
Newsletter or rent sponsorship is $75. Contact us if you’d like to be a sponsor in memory of your loved one.

In loving memory of Scarlet Smith by Lisa & Kirby Smith
In loving memory of Sarah Thompson by Carol Thompson
In loving memory of Tanner Douglas by Heather Ogg & Zach Reed
In loving memory of Chris O’Leary by Mary O’Leary 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 Andry Terrell by David & Teresa Terrell

We need not walk alone.

“When your mind cannot find an answer, open your heart and ask for peace.”
—sascha

“I will open my heart in trust, that in ways I do not now understand, my loved one will continue to be present in my life.”
—Martha Whitmore Hickman

Thanks for your donations and continued support of TCF of Tyler.
“We need not walk alone.”

“I stay on the lookout for butterflies, for every time I see one it renews my faith and reminds me that my daughter is in heaven.” —Dr. Sam Smith

July Birthdays

Burke Lewis

In loving memory of Burke
by Martha Lewis

Thanks to Martha Lewis for her generous donation.
Newsletter or rent sponsorship is $75. Contact us if you'd like to be a sponsor in memory of your loved one.

Missy Rogers

In Memory of Missy
We Love you so . . .

by CeCe & Dan Brotton

Thanks to CeCe & Dan Brotton for their generous donation.
Newsletter or rent sponsorship is $75. Contact us if you'd like to be a sponsor in memory of your loved one.
We need not walk alone.

―Annette Mennen Baldwin

July Anniversaries

Erika Reyes  Sara Ann Plocheck  Shiloh Paisleigh Gray  Jamie Allen  George Washington Shaw, Ill  Shanna Marie Redmond

Continued on next page.

July Anniversaries Cont.

Renee Seale  Caleb Scott Jones  James Permenter  Matt Mears  Walter Dale “Skipper” Winningham  Christopher Mize

Why We Still Go to TCF

“Are you still involved with that group? Aren’t you over it yet? Why do you go?” These are questions I often hear now that it has been more than seven years since Mark died. I suspect you hear them too. There are easy answers. But not everyone understands, unless you have been there. Here are ten I can think of:

1. Because we never want the world to forget our child, so what we do we do in his or her name.
2. Because when we reach out to help someone else, we also help ourselves.
3. Because someone was there for us when we needed it most; now the best way to say “thank you” is to pass it on by being there for others.
4. Because it is the one thing we do that can bring something positive out of tragedy.
5. Because we have found in TCF better friends and closer bonds than we ever thought possible. Here we can cry and hug people even if we don’t know their last name or what they do for a living. And it doesn’t matter.
6. Because few people are qualified to walk up to a newly bereaved family and say, “I know how you feel.” And because we can, we must.
7. Because sometimes we need to talk, too, and to remember and share. We are further along than many around us, but we never forget.
8. Because many of us believe that one day we will meet our child or brother or sister again, and he or she will ask, “So what did you do with your life after I left?” And we will have an answer.
9. Because our presence might help newly bereaved families understand that they will survive and even laugh again.
10. Because we love cold coffee, cookies and hard metal chairs.

Richard Edler, TCF, South Bay/LA, CA

Find us on Facebook at: Facebook.com/TylerTCF

Continued on next page.
"We need not walk alone."

"One of the benefits mentioned most often of Compassionate Friends, whether it’s by attending the meetings, using the available listeners by phone or through the newsletter, is hearing that your feelings are not unusual after all." —Carolyn Reineke

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**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

Garrett Sullivan

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"We need not walk alone."

"Thinking back to the beginning of this tragic event in our lives, I should have sought counseling from a grief therapist. My wife and I both should have done this. I truly believe this would have helped us develop better coping skills. At that time I didn’t think private counseling would help. I was wrong." —Albert Tapia

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**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

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**Dex Bailey McLean**

We love and miss you. You are forever in our hearts.

Mom & Dad

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**Zane Allen Collier**

In memory of our grandson, Zane

by Charles & Chandra McLean

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Thank you for your generous donations to TCF of Tyler. These ‘love gifts’ allow us to provide our local chapter with special events, the TCF Newsletter, our website and more!

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Thanks to Charles & Chanda McLean for their generous donation.

Newsletter or rent sponsorship is $75. Contact us if you’d like to be a sponsor in memory of your loved one.
“And when our life is different and better because our child lived, then that child is never forgotten. Each of us would do anything in the world to go back in time, but we can’t. It is up to us now to go forward, and we can.” —Richard Edler

We need not walk alone.

For My Daughter

I love you now, as I so loved you then
Your Spirit is with me forever
When you were born all of heaven sang out
Joyous that we were together
Your eyes twinkled bright as a billion stars
Your lashes brushed sweet angel’s kisses
As you struggled so warmly against my neck
So serenely, you gave me such bliss
As I stroked your head, very gently My Dear
Your hair felt as soft as down feathers
Your fingers, so tiny, wove tightly with mine
Rainbow’s end couldn’t give me more treasure
I remember you now, I’ll remember you when every day and each night begins
You’re a part of my soul, every beat of my heart
I promise, My Darling, Amen

Karinkelyn Paul
Broomfield, CO
In Memory of my daughter, Katrina

God’s Plan - Matthew Moyers

A little boy was announced to be coming soon
A baby brother for Madi and Macy, he’d be
Getting ready to come into this world
Screaming and kicking, a happy baby boy we’d see
He’s God’s blessing and plan
An angel boy to help us along
Clearly seen, in a vision so bright
To help us through hard times, not yet in sight
The day came and Matthew arrived
So strong, healthy, and pink
We trailed him right into ICU
Just to say, “Matthew we love you”

Now let me tell you the story
Matthew helped Dawson survive
And kept McMaw and PawPaw young
It was God’s Wisdom, sending this son
Matthew was brought in and out of our lives
For reasons of good, and some never known
We worried and prayed that someday
He’d be allowed back in our homes
Then finding some resolution
Visitations were again allowed
With the miracle of Matthew back in our lives
He made us happy, and Oh so proud
Macy and Loral rose up to heaven
When Matthew was just two years old
But, he was a big boy, so wise beyond his age
He held others up, with the courage he displayed
Matthew suffers the loss of his sister Macy
And sometime speaks of his cousin Loral
No way, will he try to take their place
He lights up our lives, when with tears on our face
Now Matthew is six years old
So deeply bonded with love in our hearts
Doing life’s purpose in a world so vast
He just seems to be growing up so fast
Matthew is strong, smart, and wise
He has it all it takes
To be the leader of people
Maybe the President, of the United States
Just watch, this boy will be a great man
Thinking of yesterday, living for today,
He’s preparing for tomorrow
Just watch him swinging away
Matthew is truly a blessing from Heaven
Standing so tall in the midst of our love
A Son, a Grandson, a Brother, God sent him to be
He was sent here to help us all, just watch and you’ll see
Matthew’s Pawpaw, Donald Moyers
TCF Galveston County, TX
In Memory of Macy and Loral

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

Matthew is truly a blessing from Heaven
Standing so tall in the midst of our love
A Son, a Grandson, a Brother, God sent him to be
He was sent here to help us all, just watch and you’ll see
Matthew’s Pawpaw, Donald Moyers
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There is a sacredness in tears.
They are not the mark of weakness, but of power.
They speak more eloquently than 10,000 tongues.
They are the messengers of overwhelming grief,
of deep contrition and of unspeakable love.
—Washington Irving

We need not walk alone.

“And when you have resolved your grief by reinvesting in life, you will be able to realize that nothing is ever “the same.” Life is change. We would not have it be otherwise, for that is the valley of the shadow. Change has the promise of beginning and the excitement of discovery.” —Marcia F. Alig

Newsletters 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 you do not have our 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.

Announcements

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

Steering Committee Meeting: If you are interested in 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!


TCF Quilt Announcement!

We are compiling names and photos for our 7th quilt! Please mail your $30 donation for a square, child’s name, and make sure we have a quality picture of your child that is to be included. Mail to: The Compassionate Friends of Tyler, P.O. Box 9714 Tyler Texas 75711, please note on your check what it is for. Photos or questions can be emailed to info@tylertcf.org.

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