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We need not walk alone.

Monthly Group Meeting Tyler Area Meeting 3rd Monday of Each Month 1901 Ricketty 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/Web Site .....Mary 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, 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...

Table with 2 columns: Topic and Page Number. Includes Welcome (2), Grief Resources (2), Announcements (3), Birthdays (4-5), Anniversaries (5-6), Book Review (9), A Love Letter to My Children (7), "Getting on With Life" (8), Being Public Takes Its Toll (8), From Pain and Agony to Joy and Glory (9), Poems (10).

Butterfly Release

Butterflies will be released in memory of all our children at the 2016 Compassionate Friends Butterfly Release set for Saturday, May 21 at 1:00 p.m. The setting for this uplifting and peaceful event will be the Sharon Shrine Temple located on Highway 31 East.

Live butterflies are for sale for \$10 each and must be reserved in plenty of time for ordering. Please send your check and reservation information to TCF at P.O. Box 9714, Tyler, Texas 75711. Reserved butterflies will be picked up for release the day of the event.

Colorful solid-painted wooden butterflies will be sold for \$20 each at the Butterfly Release; we are not taking special orders for personalized butterflies this year.

Silent auction items are being collected. If something catches your eye that you think those attending would enjoy bidding on, please consider donating. For donation information, please email us at info@tylertcf.org.

The Butterfly Release begins at 1 p.m. that Saturday but volunteers are needed and welcomed for either set-up work the Friday afternoon before, or beginning at 8 a.m. Saturday the day of the release. Please contact us at 903-258-2547 if you want to volunteer.

Enjoying refreshments and visiting with TCF friends and family after the butterflies are released is a special part of the day. If you would like to donate any finger food—cookies, chips/dips, small sandwiches, pickles, olives, cheese cubes, fruit chunks or veggies—any of your special favorites—please contact us at same number above. Cake will be served and bottled iced water will be available.

We look forward to seeing old friends and meeting new ones at the Butterfly Release! Your presence means everything to this very special event!

Photos from a Previous Butterfly Release



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.

"...as long as we are alive we have the capacity to continue to love even that which is no longer a part of our daily reality." —Deborah Morris Coryell

### 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

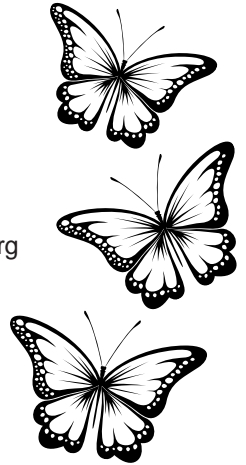
**University of Texas at Tyler Psychology and Counseling and Training Clinic:** 903-593-2348

**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.

- 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](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.

\_\_\_\_\_  
(Signature) Date: \_\_\_\_\_

Please return completed form to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, TX 75711



*We need not walk alone.*

"With the passing of years, I have learned that if I can hang on for just a little longer, these emotions—strong as they are—will pass and I can live again with the longing hidden deep inside my breast." —*Shirley Muller*

### March Birthdays



Roozbeh Arianpour



Michael Schmidt



Gary R. Gribble



Tiffany Sue Hightower



Joshua "Josh" Wilcox



Colton Allen France



Lisa Tutt



Randy Joe Cannon, Jr.



Andrea Young



Wadiya Adnan Bdah



Amanda Kay Stone



Ben Smith



Toni Wood



Jodi Lynn Attaway



Scott Bradshaw



Danielle Celeste Yura



Cathy Key



Adam Grabill



Charles Bryan Meadows



Kenny Ivy



Noah Boone Bridges



Jackson Huse



Jill Rozell



Jana Lauren Shearer



Kathy Jo Tumminello



Brandon Krpec



Jamye Marie Crawford



Sally Ryan Snodgrass



Deanna Holcomb



Makenzie Shyanne



Tommy Jack Burchfield



Robby Cano



Zi'lain Cummings



Daniel Thomas Khirallah



Ashley Elizabeth King



Rachel Wilder

*Continued on next page.*



*We need not walk alone.*

"If only they knew that when I speak of him, I am not being morbid. I am not denying his death. I am proclaiming his life. I am learning to live with his absence. For twenty-six years he was a part of my life, born, nurtured, molded and loved—this cannot be put aside to please those who are uncomfortable with my grief." —*Jan McNess*

### From Pain and Agony to Joy and Glory

In loving Memory of Jeremy Wayne Newman  
4-15-80 to 1-10-02  
Forever in Our Hearts

My name is Margie and I want to share my story with you.

I am married and have two wonderful boys and a wonderful husband. I had the perfect life and I was in control—or so I thought.

January 10, 2002, my life was turned from being in control to a nightmare with no desire to control anything or even the desire to live. My son, Jeremy, age 21, was killed in a two-car collision 1.8 miles from home. His car caught on fire and he was burned beyond recognition.

My life forever changed on that date. I don't have to explain the despair, the emotional rollercoaster, the devastation, the hell I felt. I feel sure if you are reading this you already know the pain and all that happens when you bury a child.

We had to wait a week for positive ID from dental records that it was for sure our Jeremy in that burned out car. We had the funeral—which is a blur to me—and then life went on. It was living that was so hard to do now.

I was so angry at God and the world and wanted to die more than anything. My pain was so intense I wanted to die to escape the pain. I could not function as a rational, caring human being anymore. I prayed for death daily. I went along in this hell for two years and only breathed because it came natural. I just went through the motions of each day not caring.

Finally, after two years of this, I realized I could not do this alone. Praying for death didn't work. Not caring didn't work. The world still turned despite my pain. I fell to my knees and asked God for forgiveness and to please help me. It was not an instant answer but in the coming days I began to feel an unexplainable peace. I could even laugh again and I could feel joy again.

I still miss my Jeremy, and its been three years since I last saw him, but I can now cope and I have hope and blessed peace. No amount of money could have ever gotten that for me—it was the saving grace of God that did that.

I look back at my life now and I am so sorry I wasted so much of it not knowing our loving and giving Lord. I had been saved as a teenager but never really walked with God, I only called upon Him when I needed Him. I now can say I have a real daily living relationship with the Lord and I can never thank Him enough for what He has done for me and so many others.

I know that one day I will see Jeremy again and at that time we will never be separated—and that brings me much comfort. I found in all this struggle with losing Jeremy that nothing or no one could help but the Lord.

Please don't think I am some "religious fanatic." I know we hear stories all the time about people who find "religion" in the midst of their pain, this is not what happened to me. I found a real and living and loving Lord who wants the best for all of us. And when we hurt, He hurts too. It's not about finding "religion," it's about finding hope and strength and courage and love. When all that has been taken away, only the Lord can give us those things.

I write this letter in hopes that it will bring you hope and blessed peace. Yes, I lost a child and my heart will forever miss him, But in all that pain something good did come.

Grief is a long and hard, and sometimes life-changing experience. As someone once said, "grief can make you bitter or better." I hope it makes us all better and helps us to see the really important things in life.

*To God be the Glory  
Sweet Memories,  
Margie Newman, TCF Tyler, TX*





*We need not walk alone.*

"No matter how old your child who died, the essence of this unique being remains within you forever. It is through us and others who knew them that our children continue to live and affect our present world. Though not in the way we hoped and expected, our beloved children are still alive." —*Kitty Reeve*

### March Anniversaries Cont.



Dana Regester



Micah Elmore



Cheyenne Lackey



Kappy Lane Kolb

### Book Review

Good Grief: Healing Through the Shadow of Loss  
by Deborah Morris Coryell

Book Review by Meg Avery, TCF Lawrenceville, GA

I bought this book a couple weeks ago and finally picked it up a few nights ago, and randomly opened it to this page. These paragraphs really said a lot to me and made me think a lot about the comments some unthinking people tell us bereaved parents about how we have to put our grief behind us and move on. Like we're supposed to forget about our child and carry on as though everything is fine, yeah, right. Let them be in our shoes and try moving on. Like Jayne wrote, we are moving on. We have changed, grown, reached out, been through hell and back and it has changed our lives, unlike some people who are still rooted in the same spot they were in 4 years ago, but they can tell us to move on.

"Healing our grief means continuing to love in the face of loss. The face of loss—what we see—is that someone or something is gone. The heart of loss teaches us that nothing—no thing—we have ever known can be lost. What we have known we have taken into ourselves in such a way that it has become part of the very fabric of our being. It is part of who we are and as long as we are alive we have the capacity to continue to love even that which is no longer a part of our daily reality.

This means that we will need to "change our minds" about many notions that we have had about loss: that what we can no longer "see" is gone. That what we can no longer touch doesn't continue to live. That if there is no response, the relationship is over. Close your eyes and see that which you can no longer touch; that which is gone from your presence. Reach inside of you to the feeling of touching, hearing, smelling, being with your experience of what you believed was lost.

Remember. We are haunted by societal fears that we should not continue to stay connected with what is gone, what is past, what has been lost. There is a pitfall here, a caveat, symbolized by Dickens Miss Havisham: be wary of that part of us that might want to live in the past. The challenge is to bring the past along with us in such a way that we haven't lost anything. We don't ignore the challenge because of the pitfall. Truth to tell, we could not forget our past if we wanted to. What we choose to leave in the past, we can. What we choose to continue loving, we can. We are being asked to give new form to what was contained in an earlier relationship. Our grief becomes the container for what we feel we have lost and in the process of grieving we come into some new wholeness. We create a way to incorporate, literally to take into our bodies, that which has become formless.

Like the caterpillar, we go into a cocoon to a safe place so that the old self can dissolve and a new self can be created. Like the art of losing, this metamorphosis is not automatic. It does not happen simply in the course of time. Rather, it is a self-conscious act. Grief can be a path to self-realization because in the process of grieving we acknowledge that which we chose not to lose. 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."

The next chapter begins with this quote: "If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."



*We need not walk alone.*

"When one is pretending, the entire body revolts." —*Anais Nin*

### A Love Letter to My Children

You are great kids. You have always been great kids, although I haven't always been a great mom. After your brother died, I was hardly any kind of mom at all. I was so lost in my own grief, I wasn't there for you. You were bewildered, scared and hurt, but I couldn't seem to reach out to you beyond my own pain. I was like a day-old helium balloon drifting along, not sure whether my place was with you or with your brother.

I didn't drift for long. You grabbed my string and yanked me back! The yowls and shrieks still ring in my ears: "mom, all my underwear is dirty!" or "Mom, I'm starved!" or "Mom, he punched me!" Your brother was being cared for by his heavenly Father, but you needed your earthly mother. It was your need for me that saved my life.

I'm sorry that your brother's death robbed you of your childhood. While other kids fretted about what to wear or which movie to see, you wondered when the tears and sadness would ever end and if we would be a family again. If I could have shielded you from such great sorrow, I would have; but I couldn't.

Your lives were changed forever, and the future was uncertain, but you kept going. You supported and inspired me as we traveled that rocky road of grief together. You talked about your brother when no one else would say his name.

You kept his picture in your rooms and proudly pointed out to friends, "This is my brother." You used his things, but gently. You reminded me of the cute, funny things he said and did. You included him in your bedtime prayers. You still do. Some day I believe you will tell your own children about your brother. Thank you for keeping his memory alive.

Because of the tragedy you experienced, you are more mature than other kids your age. You possess strength and courage beyond your years. You are resilient; little things don't get you down. Best of all, you are kind, sensitive, and compassionate to others. I adore you. You are my life.

Pat Dyson, TCF Beaumont, TX

### Thanks for your continued support of TCF of Tyler.

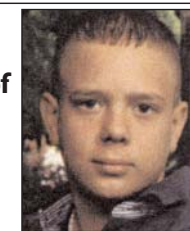
In loving memory of  
Micah Elmore by  
Jana Elmore



In loving memory of  
Micah Elmore by  
Evelyn Scott



In loving memory of  
Chad Daniel by  
Dale Cavazos



In loving memory of  
Jared by Shane &  
Carol Johnson



In loving memory of  
Matthew Lehw by  
Robert & Elizabeth  
Lehw



In loving memory of  
Stephanie by  
Danny & Pat Settle



In loving memory of  
Chris Walsh by  
Merri O'leary



In loving memory of  
Leah by  
Jim & Cheri Zucca





*We need not walk alone.*

"It takes a lot of grief before our days can have more good hours than bad. But it does come. Most of us can not even imagine that progress in our early grief. Eventually, we can make peace with our loss and our painful memories become warm treasures. Even though we always think of our child daily, it is with thankfulness that they were a part of our lives." —*Marie Hofmockel*

### "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 and 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, grief@bereavementmag.com*

### Being Public Takes Its Toll

"When one is pretending, the entire body revolts." —*Anais Nin*

As we attempt to return to our jobs or our social life, or just to leave the house to do errands, we may feel that we must hold our heads up and keep acting brave. So we talk about things that don't interest us instead of talking about what plagues our heart and mind. We reluctantly agree to do things in which we do not have the slightest bit of interest.

All of this takes a tremendous amount of energy. But it does something else, too. Our bodies are under a great deal of stress as we work through our child's death. Trying to create and maintain an artificial front contributes to that stress. And stress, of course, manifests itself in many ways throughout the body -in headaches, rashes, insomnia, digestive disturbances, the inability to concentrate, and the impulse to fidget or be on the move. We may also have more colds and flus as well as unexplained pains in various parts of our bodies.

One of the kindest things we can do for ourselves is to behave, as much as is possible and reasonable, in accordance with our deepest needs and desires. We can greatly reduce the amount of time and effort we put into doing what only seems socially required.

*I will not push myself into false situations or require myself to perform in a way that differs significantly from my truest self. I will take care of myself by not forcing certain actions or responses, regardless of the pressure put on me to do so. My self, my body comes first, and I need to remember that my body will revolt against pretending.*

*By Carol Staudacher, from "A Time to Grieve"*



*We need not walk alone.*

"Regardless of the circumstances of our child's death, for most of us, anger and guilt are a part of our grieving. We may not always be able to label these emotions or to acknowledge them, but they are there and we must deal with them. Failure to do so often results in our experiencing worse physical and emotional problems later on." —*Bill Ermatinger*

### March Birthdays Cont.

### March Anniversaries



Dustyn Blake Sandifer



Timothy Andrew Lever



Doug Bennett



Colton Allen France



Blythe Madison Harper



Kyle James Horn



Neil Defenbaugh



Tyler Roberts



Kayla Smith



Amanda Valadez



Jeremy Kersh



Cory Blackmon



Allen Price



Robert McMahon



Gary Dean Arnold



Noah Boone Bridges



Randall Scott McDaniel



Jackson Huse



Leo Cook



Phillip Kuhn



Joshua Andrews



Joshua Washburn



Trey LePelley



Laura Wilkinson



David Matthew (Matt) Morris



James Wilkinson



Douglas Johnson



Wadiya Adnan Bdah



Rowdy Cunningham



Rico Gonzalez



Maryn McIntire



Irish Faye Haggerty



Jessica Spence



Dylan Prichard



Daniel Thomas Khirallah



Justin Bloxom





*We need not walk alone.*

"There is no sense in the loss of a child, no matter how old or young, no matter the circumstances of that death. But in the ashes of their loss, we can build a new life. Sadder, emptier perhaps, but that new life is a tribute to the ones we miss so much." —Lisa Sculley

## Where Do I Go?

**Now that you're gone, where do I go**  
to see your fair smile  
to hear your tingling giggle  
to smell your dank hair after a swim  
to listen to your questions  
to touch your gentle cheek  
to feel your bear hug?

**Where do I go**  
to share all my years of wisdom  
to find someone who'll tell me truth  
to answer the phone that won't ring  
to tell you I'm sorry  
to know that I am loved and  
to pour out my love and my tears?

**I shall go**  
to the pictures that hold you forever  
to the books we shared  
to the music you taught me to love  
to the woods we explored as one  
to the memories that never fail  
to the innermost reaches of my heart  
to where we are always together.

*Marcia Alig, TCF Mercer Area Chapter, NJ*

## Things To Do When Desperate

1. Breathe.
2. Get my teddy bear.
3. Call other bereaved people (keep their phone numbers easily available)
4. Call close friends (keep their phone numbers easily available, too.)
5. Call a counselor.
6. Call a hot-line.
7. Get in my rocking chair. Get in any chair and let it support me.
8. Take a hot bath.
9. Run around the block three times.
10. Listen to soothing music.
11. Put on a relaxation tape.
12. Ask someone to hold me.
13. Cry.
14. Yell into my pillow
15. Join a support group.
16. Say to myself, "Others love me," or, "I have the right to survive," or, "Others have gotten through this, I can too."
17. Stroke the dog or cat.
18. Watch an old movie on TV or read a book.
19. Hug a tree.
20. Stand or lie on the floor and feel the floor support me.
21. Pray
22. Start again at the top.

*Edited by Anne Pieper, from "The Courage to Heal," by Ellen Bass and Laura Davis*

## Wish You Were Here

By Steve Tutt, TCF Tyler, TX

You'd be nineteen if you were here  
But why you're gone still isn't clear.  
Your things are still all in your room  
As if you'd be returning soon.  
Spongebob waits there by the door.  
Your shoes are still there on the floor.

Your friends are all young women now.  
They're working jobs or college bound.  
Sometimes we see them and they say  
We miss her so, wish she had stayed.

Your boyfriend's in the Army too  
And by the way, he still loves you.  
You thought his love was not so true  
And that some other girl he'd choose.  
But near two years have passed on by  
Still to your grave he goes to cry.

Your niece and nephews miss you too,  
And talk of the things you used to do.  
Your Mother's going to be alright  
And doesn't cry so much at night.  
She puts the flowers on your grave,  
And scrapbook pictures tries to save.

And me, I'm still the same old Dad,  
The same old routine like I had.  
I work real hard to make a way  
To pay some bills and pass the day.

I'm not as funny as before  
My world's not happy anymore.  
I don't let on the pain I feel  
But deep inside the hurt is real.

Time passes by year after year,  
Life goes on with seldom a tear.  
One wish I have, a wish so clear  
My wish most of all, I wish you were here.

~Dad

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



*We need not walk alone.*

"I no longer believed that all grief was the same—that is to say, that all deaths yielded the same reaction in the grieving process. Some may disagree, but as far as I am concerned, the greatest loss any human can sustain is the death of a child." —Rev. Greg Hubbard

## 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.**



## Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: TCF Tyler, 5401 Hollytree Drive, 1204, Tyler, Texas 75703. 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 Tina or Pat so that we may email you announcements and updates about TCF of Tyler. Tina's email: lilbluebutterfly6@gmail.com ~ Pat's email: beachbum2201@gmail.com

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

## Announcements

**Tyler TCF Meeting:** The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 1901 Ricketty Lane in Tyler. For more information, please call 903-258-2547.

**Steering Committee Meeting:** If you are interested in participating in our chapter by serving on the steering committee, please plan to attend a steering committee meeting. Anyone who would like to become more involved in TCF and serve on the steering committee is welcome to come! For more information about our next meeting, call 903-258-2547.

**News from National:** Compassionate Friends National offers webinars for the public on grief related topics. Upcoming public webinars will include Death of a Child By Suicide, Pregnancy and Infant Loss, The Death of a Special Needs Child and How Can I Help When A Child Dies? Check out www.compassionatefriends.org for dates and times.

### New Chapter in our area:

#2477 TCF of Brazos Valley

4201 St Hwy 6 S

College Station, TX 77845

Phone - 979-595-6022

Email: tcfbrazosvalley@gmail.com

Chapter Leaders: Tommy & Polly Myrick

### Sixth and Final Quilt

We are compiling names and photos for the 6th and final quilt. Please mail your \$25 donation for a square, child's name, and make sure we have a quality picture of your child that will show up well. This will be the last quilt for our chapter so please let us know quickly as we anticipate the list of 30 will fill up fast. David and Teresa Terrell have generously donated their time and talent for the completed quilts and are no longer able to physically continue. You can mail your donation to TCF Tyler PO Box 9714 Tyler Texas 75711, please note on your check what it is for. Photos or questions can be emailed to lilbluebutterfly6@gmail.com.

