We need not walk alone.

**Supporting Family After a Child Dies**

**The Compassionate Friends**

**Volume 17, Issue 11**

**Tyler, Texas**

**November 2016**

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**Monthly Group Meeting**

**Tyler Area Meeting**

3rd Monday of Each Month

1901 Ricky Ln., Tyler

**Contact**

Phone: (903) 258-2547

www.TylerTCF.org • info@TylerTCF.org

P.O. Box 9714 • Tyler, TX 75711

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**Co-Chapter Leaders**

Cheri Zucca & Trish Mann Taylor

Secretary ..................Trish Mann Taylor

Newsletter/Website .........Mary Lingle

Tyler Meeting Facilitators: Leslie & Don Dixon

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**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

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**The Meeting Agenda**

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

8:00 p.m. - Meeting will close by recog-
ning our children’s names. Feel free
to visit after the meeting or check out
books from our library.

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**Our Annual Candle Lighting Memorial will be Sunday, Dec. 11, 2016 at Crossroads
Community Church, 13730 Hwy 155 South, Tyler. The service begins at 6:30 p.m. This
year, canned food for the food pantry at our host church, as well as new toys
will be collected at the Candle Lighting.

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**Supporting Family After a Child Dies**

**The Compassionate Friends**

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

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) compassionatelf.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-chores/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.sctyler.org

Tyler Counseling & Assessment, LLP: www.tylercounseling.com

Angel Layettes brings comfort to families grieving 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 – grieving, 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 903-508-3400 (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 need not walk alone.

I pray you find peace this holiday season. I pray your sorrows will soften and your memories bring smiles. I pray you will be able to enjoy your other family members. I pray you know you are not alone. —Jayne Newton

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:________________________________________ State: __________________ Zip: ________________

City: __________________________________________ 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 ____________________________

☐ In memory of __________________________________________________________ Please make check payable to TCF

☐ 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.

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

Date: ____________________________

(Signature)
We need not walk alone.

“We need not walk alone. Life can become good and whole and complete once again, not when we try to fill up the empty spaces left by loved ones no longer within hugging reach, but when we realize that love creates new spaces in the heart and expands the spirit and deepens the joy of simply being alive.” —Darcie Sims

November Birthdays

- Wade Goetze
- Rusty Welch
- Randall Thornton, Jr.
- Nathaniel Bolom
- Shane Cnm
- Stacy Hunter
- Christopher Jordan Pope
- Mike Loughmiller
- Brandon Whitfield
- Lindsey Stewart
- Erik Scott McKinney
- Aaron Yarbrough
- Kayla Smith
- Patricia Ann Edwards
- Mary Adams
- Missy Rogers
- Kristi Diaz
- Rayvn Caldwell
- Jill Tompkins
- Mikel Conway
- Haylee Lee
- Blake Owens
- Lorie McLain
- Doug Norton
- Austin Lane Phillips
- Whitni Ray
- Brytnie Leah Stithem
- Christina Boyd
- Gaaron Hicks
- Bridgette Munson

Thankful vs. Thankless

This is the time of year when many bereaved parents start saying out loud what newly bereaved parents have been thinking for weeks and weeks—“I really am dreading the holidays.” And why not? When your grief is so new, you haven’t had the necessary time to accept life as it is for you now.

On the other hand, there are those of us who have had that necessary time and the proper support who are able to observe the holidays in a less painful way. We have kept some of the old traditions that warm our hearts and thrown out those that are either too painful or meaningless now. We have created a life that doesn’t include someone who was a vital part of who and what we were. We’re different now, doing different things because losing a child forces you into that position if you are to survive in an emotionally healthy way.

The words thankful and thankless follow one another in my dictionary; so close together in a book, yet so far apart in meaning. When you think about it, the difference between the two words is full and less. Though those of us who have had more time do, like the more newly bereaved, have less in the way of family, our lives still do have a fullness because we have learned to be thankful and appreciate that which we have left in the way of people and memories—more so than we ever thought possible.

As you approach this Thanksgiving, if you haven’t yet been able to make your adjustment, I hope you will feel what you must for now because whatever you are feeling is okay. It isn’t until you have reached the place in your grief where the ability to make good choices returns to your life that you can make some important changes in how you approach the holidays.

I hope the transition from thankless to thankful will be soon in coming for you, for that will mean some peace has returned to your life. Above all, I do wish you peace during this holiday season. I wish you more of the same in the new year.

Mary Cleckley, TCF Lawrenceville, GA

Justin McIntrye

In loving memory of Justin

Melissa Love

This month’s newsletter is sponsored by Melissa Love.

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

“We never stop and ask ourselves who said we have to keep busy, that crying is weakness, that talking about our deceased child is morbid, that we must think only of the good memories, or that time heals all wounds. We just take societal dictates as truths. They are not!” —Margaret Germer

“We are things that we don’t want to happen but have to accept, things we don’t want to know but have to learn, and people we can’t live without but have to let go.” —Author Unknown

In loving memory of

Justin

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Mary Cleckley, TCF Lawrenceville, GA

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We need not walk alone.
New Traditions

New traditions are now permanently woven into the fabric of our lives. The catalyst for these traditions is not a happy addition to our lives; indeed, the catalyst marks a traumatic loss in our lives. That subtraction comes in the form of the death of our child.

The finality is crushing. This overwhelming loss has redefined each of us, changed our perspective forever and brought us close to the abyss of insanity. The new traditions gradually pull us back from the abyss and may eventually provide a sense of comfort, serenity and peace. And so in June we remember our children. We communicate with them, via a note from our hearts, written on a butterfly shaped paper and tied to balloon. We, the parents of the dead, gather and listen to a poem about our collective and individual loss. We the parents of the dead experience the haunting bagpipe as it fills our senses with the sound and the meaning of Amazing Grace. We, the parents of the dead, once again stand together and remember our children. We speak to them. Our butterfly messages become kisses on the wind as our balloons ascend into the sky, floating southward, floating higher and higher until, we imagine, our children can reach out and grab each message and read it and know that we love them and that we can always share the meaning of our new traditions. The catalyst for these traditions is not a happy addition to our lives; indeed, the catalyst marks a traumatic loss in our lives. That subtraction comes in the form of the death of our child.

Calling all volunteers for the Candle Lighting in December!

By working together, we can accomplish a great deal and further the mission of The Compassionate Friends. Our thanks to all of you within our TCF family.

Annette Mennen Baldwin

We need not walk alone.

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Calling all volunteers for the Candle Lighting in December!

Please contact us at 903-258-2547 or info@tylertcf.org if you'd like to help this year!

Giving Tuesday • November 29, 2016

What is Giving Tuesday?

Since its beginning in 2012, people from all over the world have joined together on Giving Tuesday in support of deserving charities everywhere. We hope you’ll consider joining them by showing your commitment to The Compassionate Friends and the thousands of families we serve each year, and make a gift to TCF.

Is Giving Tuesday impactful? We wanted to share some amazing numbers with you. In 2015, Giving Tuesday...

- Raised $116.7 million in 24 hours (up from $46 million in 2014);
- Had 698,961 online donors;
- Received $107 as the average gift donated; and...
- 71 countries around the world participated!

By giving to The Compassionate Friends this holiday season, you’ll be helping families who are dealing with the life-changing tragedy of losing a child. We’ll continue to share more details on TCF’s Giving Tuesday campaign in the coming weeks. Please share this important date with friends and family to spread the word of TCF’s Giving Tuesday Campaign.

By working together, we can accomplish a great deal and further the mission of The Compassionate Friends. Our thanks to all of you within our TCF family.

We need not walk alone.

"The dreams of lifetimes die when children die. The hurt is often nearly unbearable. But if we allow ourselves the freedom of grief and sorrow, we also open the paths of new happiness and new hopes and new dreams. And the child who was a part of us will live in our memories and our hearts." —from We Need Not Walk Alone

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

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A significant part of each parent died when our children died. Yet, a crucial part of each child lives in the hearts of every mother and father. Neither time nor death will erase that bond. It is solid, it is pure and it is forever.

We hope that one day we will each make some sort of peace with this monster, this nightmare, this void, this pain. We hope one day to heal our open wound but know we will always carry an invisible yet deep scar. The worst loss a person can ever experience has been thrust upon us. The only change will come from within each of us. We may one day feel a serenity that one day to heal our open wound but know we will always carry an invisible yet deep scar. The worst loss a person can ever experience has been thrust upon us. The only change will come from within each of us. We may one day feel a serenity that one day to heal our open wound but know we will always carry an invisible yet deep scar. The worst loss a person can ever experience has been thrust upon us. The only change will come from within each of us. We may one day feel a serenity that one day to heal our open wound but know we will always carry an invisible yet deep scar. The worst loss a person can ever experience has been thrust upon us. The only change will come from within each of us. We may one day feel a serenity that we imagine, our children can reach out and grab each message and read it and know that we love them deeply and miss them every day and every night. This is our tradition. Each of us views it from the depth of our souls; our love of our children is demonstrated openly as we weep without shame for the loss we have experienced.

Annette Mennen Baldwin

Please share your stories, poems or love messages for inclusion in our newsletter.
We need not walk alone. “If we are loved and remembered, then we live on forever in the hearts of those who love us.” — Ten Menten

Christopher Molnari III
In loving memory of our nephew Christopher
Love, Uncle Tom & Aunt Kim

Payton Herrington
In loving memory of Payton
Melissa Love

November Anniversaries

This month’s newsletter is sponsored by Tom and Kim Cathey.
Newsletter sponsorship is $75. Contact us if you’d like to be a sponsor in memory of your loved one.

This month’s newsletter is sponsored by Melissa Love.
Newsletter sponsorship is $75. Contact us if you’d like to be a sponsor in memory of your loved one.

How well are you doing with your grief? “If I were doing well with my grief, I would be over in the corner curled up in a fetal position crying, not standing here acting like no one has died.” — Doug Manning.

We need not walk alone.
Words from Heaven
We weren’t ready yet to say goodbye, and if only we could hold each other just for one more hour, I would wipe all the tears from your eyes.

If I could say one thing to you it would be, Mom, Dad, Brother, please don’t worry about me. I’m in a place so great I can’t begin to explain. A place where I wish everyone could come and see.

Momma, when you think of me don’t cry, cause you would smile so big if you saw me now. I have asked the Lord to take your pain away, and give you all peace somehow.

The hardest thing was leaving that day in the room, but I was need by God, even more than you. Know always that I will be here in this beautiful heaven, waiting on the day when I will see you.

John Pope

The Piano Sits Silent
I etch her name in the dust. Run my hands over the keyboard, too long untouched by the pianist. The one no longer physically here, who played the songs, badly at times, yet unstoppable in her need to make music. As if it was her mission to get it right. As if she knew there was little time to master the melody. So she played and played. Melancholy tunes that spoke of lives gone too soon.

If I could just take back those words, for I long to hear my beloved child play the music, that once rang through these halls. Those uneven strains would be the sweetest music to my ears. I touch the ivory and hear the foreign sound of this long silent instrument.

And remember my precious child, remember the joy her efforts brought her. Remembering, remembering.

Though my tears fall gently, my heart smiles as I recall the sweet sounds of her life. And even as the piano sits silent, my memories resound and I recall the love, always the love.

Cathy Seehuetter, TCF St. Paul, MN

Love Gifts
Thanks to the following people who make a MONTHLY LOVE GIFT to TCF of Tyler:

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
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.

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


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 quietly 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 info@TylerTCF.org.

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

Find us on Facebook!