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.
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) compassionefriends.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 Alston house next to The Children’s Park of Tyler: www.glorybabies.com

GriefShare: www.griefshare.org

Smith County Victim Services Division: www.tcvc.state.tx.us/divisions/vs/crimeshelters.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.allsianceofhope.org

Samaritan Counseling of Tyler: www.scsscylor.org

Tyler Counseling & Assessment, LLP: www.tyler-counseling.com

Angel Lafayette 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 Lafayette provides without charge custom designed burial lilies and keepsakes. angel Lafayettes.org • 903-534-5212

University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-592-2348

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 – grief, 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, 18353 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.

The Compassionate Friends of Tyler
P.O. Box 9714
Tyler, Texas 75711

We are happy to send our newsletter to you. We hope that it is helpful to you to be kept informed of chapter resources and activities and that you still wish to receive our newsletters that contain excellent material relating to grief issues.

To keep our mailing list current, we do ask to hear from you each year making sure that our information is correct and that you still wish to receive our mailings. If we did not hear from you in the last year please indicate any appropriate choices below and return the form to the address at the bottom of this page.

Your Name: __________________________

Child’s Name: ________________________________________ Relationship: ______________________________

Birth Date: _______________ Death Date: _______________ Cause of Death: ________________________

Address: ______________________________________________________________________________________

City: ___________________________________________ State: __________ Zip: _______________________

Home Telephone: ____________________________

E-mail: ______________________________________________________________________________________________

Please check any of following that apply:

☐ Due to the rising cost of postage, please send newsletters via email. My email address is ________________________________.

☐ I prefer not to receive the newsletter via email and would like to continue having a hard copy sent to the mailing address you have on file for me.

☐ Please update my mailing address:

☒ No thank you, I’d prefer to stop receiving the newsletter. (Newsletters are posted monthly on our website.)

☐ Please include my child’s name and picture in the slide presentation at the Candle Lighting Ceremony.

☐ Please include my child’s picture and information on the TCF Tyler Web site. (www.TylerTCF.org)

☐ 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.

We extend a warm welcome to those who attended their first TCF chapter meeting last month.

We deeply regret the circumstances that brought you to your 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 your 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:

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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 better.”

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Continued on next page.

You walk with me, my friend, along my lonely path. Through a tiny thread of light, I see your kind face. My heart warms in your arms as my strength ebbs and flows. And without words, you know what is in my thoughts. When I am so distant and cold, you reach out with your love as I try so hard to be all I was in your eyes! As the winter comes and goes, there is a trickle of hope. My faithful friend, I hold your hand and my footsteps become lighter. You are always there. As the years pass, shall I learn to hide in the shadows? As I accept your love, a child with sparkling eyes with happy laughter and my pride, my joy, lives in my heart. For all of my life I shall remember the precious love I knew. To lose the young is to break hearts. When the tears begin to fall, my angel, my friend, comforts me. As I walk slowly, friend, you cast the light of hope and understand my heart. Some will forget my child and I know this has to be. I may learn to smile again but just for one like you. My friend for life, I do not know the way; lead and I will follow as I learn to live again. Your footsteps are blessed for I will not forget that you were sent to me. My tears of gentle sorrow are understood by few. The love and compassion that comforts me warms like the sun; the golden light, the ray of hope — for I am not alone. May God Bless You, Friend.

Maureen S., TCF Victoria, Australia

Loss of an Infant
(The Grief of a Parent Who Has Lost an Infant)

To experience the loss of an infant is to grieve for what never was. After all the months of anticipation and preparation, the actual birth of a child brings the feeling of hope and fulfillment. Should that child be stillborn, or die hours, days or even months later, the unrealized dreams become a source of pain for the parents. No parent expects to outlive his child; the death of an infant is often the loss of a child unknown even to the parents. The expected stages of grief (guilt, disbelief, anger, etc.) can have new directions for the parents who have lost an infant.

1. Shame and guilt. Especially if the infant was stillborn or had a birth defect, the mother may feel she has failed as a woman. “Other women have live, normal babies, why can’t I?” Should an infant die months after birth, parents find it hard to resolve feelings that it was their fault.

2. No memories. Parents may only have “souvenirs of an occasion” (birth certificate, ID bracelet) by which to remember their child. If the infant is older, they may have pictures and a few belongings, but they still feel they hadn’t really gotten to know their child.

3. Loneliness in grief. It is hard for friends and relatives to share your grief for a child they never knew. If the child is a newborn baby, the way; lead and I will follow as I learn to live again. Your footsteps are blessed for I will not forget that you were sent to me. My tears of gentle sorrow are understood by few. The love and compassion that comforts me warms like the sun; the golden light, the ray of hope — for I am not alone. May God Bless You, Friend.

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Maureen S., TCF Victoria, Australia
We need not walk alone.

“It is a curious thing in human experience, but to live through a period of stress and sorrow with another person creates a bond which nothing seems able to break.” —Eleanor Roosevelt

October Anniversaries

Wade Goetzke
Sean Smith
Bill Bouslog
Janet Florey
Mikel Conway
T.J. Anderson
Erica Smith
Jake Schoonover
Jacob Mikal Burrell
Alexander Johnson
Cory Wayne Channon
J.L. Adams
Candace Beggs
Zachary Bradley
Stacey Smith
John Patrick Camahan
Aaron Sullivan
J.D. Adams
Madeline Joy Kearney
James Lee Lary
Alyssa Kathryn Crim
Jonathan Shipman
Amanda Claire Miller
Jackson Thomas Feliciano
Joey Moore
Kathy Robertson
Christopher Bullock
Rosa Linda Serrano
Chris O’Leary
Hanna Olivia Collie
Todd Andrew Thompson
Jennifer Massey
Trenton Cole Bailey
Randy Thomas Meyers
Stacy Hunter
Cheyenne Stevenson

MARK YOUR CALENDARS!

October Anniversaries cont.

Terry Brendon Reed Pettit
Phoebe Fair
Matthew Lehow
Robert Ryan White
Leon Wayne Lasiter
Cheyenne Ramirez
Jeff Maurer
Maxwell Edward-Ray Glass

Of course there are things we regret. Things we wish we’d done differently. Even where there has been time to say all the appropriate things, images will flash in our minds that we’d give a lot to be able to change. Surely our loved one has forgiven us. Can we forgive ourselves?

I’m sorry. Please know that I loved you. I know that you loved me.

Daily message from Healing After Loss by Martha Whitmore Hickman

A special remembrance ceremony for anyone who has been touched by the loss of a child.

Admission is free. Pre-register through October 5, www.childrensparkTyler.org or by calling 903-390-1997, in order to receive an angel with your child’s name and order t-shirts that have all the children’s names listed for the day.

This year we are dividing into 2 Times: 10 AM for children with last names A-G and 2 PM for children with last names H-Z. Registration begins at 9 AM & 1 PM, respectively.

chilrenssparkTyler.org • 903.939.1997

MARK YOUR CALENDARS!

Now taking donations for our GARAGE SALE FUNDRAISER to be held at the meeting place on Saturday, October 13, from 7 a.m. till noon. Please consider donating items for us to sell and/or help us with set up/ pricing, selling and clean-up after. Any item that isn’t sold will be donated.

Call the TCF line at 903-422-0358, or Cheri at 903-570-7017 to make arrangements to drop off donations.
We need not walk alone.

"Faith is the bird that feels the light when the dawn is still dark.”
—Sir Rabindranath Tagore

Halloween And Other Masks

The month of October brings with it a smorgasbord for the senses. We can hear the crunching and crackling of leaves under our feet. We can see the brilliant reds, oranges, and yellows splash the earth. We can feel the magical approach of winter in the air. October is also for Halloween, a date synonymous with masks. As bereaved parents we have, at various times, worn many and varied masks. We have masked our feelings of despair, sorrow, and anguish for the sake of our loved one, friends, and acquaintances. We have masked our feelings of anger and bitterness for the traditional belief that a kind God would not do this to innocents. Most importantly, we have masked the person we have become, the person that has evolved after living through the death of a child. Let us celebrate the month of October by beginning to take off some of our masks! A very positive and helpful way to begin this process is to attend the next TCF meeting. Share your sorrow, your fears, your bitterness, and disappointment. Above all, share your progress and triumphs through the arduous journey of grief. When you enter a room of caring and supportive people who have shared your grief, there is no more reason to wear a mask.

Cathy C., Erie, PA

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

We hope to see you at the annual TCF Candle Lighting Ceremony in December!

October Birthdays Cont.

Autumn Tears

We look back on September and we realize that somehow we made it through those dreaded first days of school. Whether it was the anticipation or the actual days that were worst, we survived. We used our faith, our support systems or just plain hard work and made it over yet another hurdle. We watched small children for their first day of kindergarten, listened to excited teenagers talk of high school and heard stories of children leaving home to attend post-secondary school. Somehow we rode the waves of grief and found ourselves ashore again.

As these waves subside new ones will build as we head into the holidays that speak of, and to, children. Halloween will soon approach and for some, painful memories. Thanksgiving arrives to exemplify family and togetherness and Christmas looms ahead. These special days are forever reminders of our loss, the costumes we’ll never sew, the empty chair at turkey dinner, the fun and magic we’ll never share with someone we love. Forever reminders that our child has died.

To survive when these events and anniversary days come around let’s find time to think of the good memories we have, the announcement of our long awaited pregnancy at Thanksgiving dinner, the look of excitement on our son’s first Halloween night, the vision of our daughter helping prepare the turkey dinner. These holidays will always be reminders that our child died. Let us also make them reminders that our child lived! They left us memories more precious than any others to hold and celebrate!

Penny Y., TCF Powell River, British Columbia

In loving memory of
Austin Dixon by Don & Leslie Dixon

In loving memory of
Alex Conway by Robert & Trisha Taylor

In loving memory of
Chris O’Leary by Merri Walsh

In loving memory of
Jared Sheets by Carol & Shane Johnson

In loving memory of
Candice Lingle by Mary Lingle

In loving memory of
Leah Zucca by Jim & Cheri Zucca

In loving memory of
Andy Terrell by David & Teresa Terrell

In loving memory of
Chad Cavazos by Dale Cavazos

In loving memory of
Stephanie Settle by Danny & Pat Settle

In loving memory of
Candice Lingle by Mary Lingle

Irish Faye Haggerty

Sydney Jane Farris

Dana Regester

Robin Reynolds

Keith Radabaugh

Amanda Anderson

Randy Meyers

Kara Belanger

Cheyenne Stevenson

Carson Kerry Rose

Linton Daniel Wilgus

Tanner Michael Douglas

Maxwell Edward-Ray Glass

Irish Faye Haggerty

Sydney Jane Farris

Dana Regester

Robin Reynolds

Keith Radabaugh

Amanda Anderson

Randy Meyers

Kara Belanger

Cheyenne Stevenson

Carson Kerry Rose

Linton Daniel Wilgus

Tanner Michael Douglas

Maxwell Edward-Ray Glass
To Jonathan

I questioned the loss of a loved one
The grave seemed so final and cold
But we will meet again where death has no victory.
In a land where we will never grow old.

I never met one man without sorrow
Never looked into eyes without pain
I know a land where grief is a total stranger
And songs of joy are the only songs that are sung.

Tears will never stain the streets of that city
No griefs of death on my doors to the mansion's door.
Tear drops aren't welcome beyond the gates of glory
For the heart will never break anymore.

To my son, Jonathan Sanders, who will always be in my heart.
The memories of you are with me every breath I take.

I love you,
Mom, Dad & Lindsay; TCF Jacksonville, TX

People Think

People think we're fine, you know. They say, "Oh, siblings heal so fast." But they don't know the empty feelings of our longing for the past.

People think we're fine, you know. "Look how they've resumed their lives," they say. But they don't know of our troubled heart or the loneliness from day to day.

People think we're fine, you know. "See how they're getting over it?" they surmise. But, they don't know that we've learned to laugh and smile only to complete our broken heart's disguise.

Mary M., TCF Ft. Lauderdale, FL

To My Son
by Judy Tuhill, TCF

Little boy, whose heart beat I heard,
And whose kick I waited but never felt.
I'm sorry, so sorry
You never felt my love, my arms,
How much I wanted you.
Forever will I hold you in my heart
Oh dear one, you weren't ready to come.
Too small to live.
If only more life could I have given you.
Dear baby, my little one,
I cry for you.

Compassionate Friend

What is a Compassionate Friend?
One who softens the journey of grief
One who stands beside me
One who gives a gentle and safe hug
A look of understanding
One who shows me how to live, laugh, and love again
Validates the loss of my child
Accepts me for who I am
Honors the life my child lived
Remembers my child
Allows me to share memories of my child
Acknowledges and confirms my feelings are real
Most importantly the friendship, love, support, and care given through the darkest times a parent experiences through the loss of a child.

My hope is that each and every one of you find some comfort and peace on your journey and know we are here to walk with you and support you.

In Memory of Stacy and Appreciation of My Compassionate Friends

Sadly missed, forever loved, and never forgotten... Susan S., TCF Manchester/Nashua, NH

Reflections of an Anniversary

Frozen in a hundred photographs, my son.
No more do you crash through the door
And throw your adventures at my feet
Or solve the non-workings of a music box.
Your rolling giggle echoes in your sister's voice;
Not frozen, but active
A spirit filling in the corners and hollows of my life
A love expanding my capacity for living
Until in eternity—we melod again.

Marcia A, TCF Mercer Area Chapter, NJ

Love Gifts

LOVE GIFT to TCF of Tyler:

For (monthly donors we will post photos of your children.)

Merri Walsh in memory of Chris O'Leary
Carol & Shane Johnson in memory of Jared Sheets
Danny & Pat Settle in memory of Stephanie
Jim & Cheri Zucca in memory of Leah
Robert & Trisha Taylor in memory of Alex Conway
Barbara Barton in memory of Lindsey
Dale & Phyllis Cavazos in memory of Chad
Tina, Johnathan & Heather Loper in memory of Christopher
David & Teresa Terrell in memory of Andy

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. Printed credit is given to the author and the original source.

Errors and Omissions: We try very hard to be sure that all of our 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 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.

Announcements

NEW MEETING PLACE! The new 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!


Event reminders for parents:
• If anyone is 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!

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 are already planning our Annual Candlelighting Ceremony for December and would love to have your help!

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!

Sincerely,
Cheri & Trisha

Love Gifts

LEAVE A LOVE GIFT TO TCF OF TYLER:

A look of understanding.

Courage is the absence of fear but the willingness to proceed in its presence.

"The heart would have no rainbow if the eyes had no tears.” —unknown

"Courage is not the absence of fear but the willingness to proceed in its presence.” —Unknown

"We need not walk alone." —Unknown