



**Monthly Group Meeting**

**Tyler Area Meeting**

Monday, August 16, 6:30 p.m.  
12949 C.R. 42 (McDougle Rd.)

**Jacksonville Meeting**

Tuesday, August 3, 6:30 p.m.  
Sam Smith's office, 1401 E. Rusk

**Lufkin Meeting**

Thursday, August 19, 6:30 p.m.  
Southside Baptist Church, 1615  
Tulane Drive

**Contact**

Phone: (903) 258-2547  
www.TylerTCF.org • info@TylerTCF.org  
P.O. Box 9714 • Tyler, TX 75711

Chapter Leader .....Tina Loper  
Chapter Leader.....Pat Settle  
Meeting Facilitators .....  
Don and Leslie Dixon, Cheri Zucca  
Newsletter/Web Site .....Mary Lingle  
Steering Committee: Sam Smith,  
Carol Johnson, Carol Thompson,  
Patricia Miller, Charisse Smith, Mary  
Ann Girard, Cheri Zucca, Mary Lingle,  
David & Teresa Terrell, Janet Majors,  
Don & Leslie Dixon, Kathy McKinney

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...**

Welcome .....2  
Take it One Day at a Time .....2  
Love Gifts/Announcements .....3  
Birthdays .....4  
Anniversaries .....5  
Transforming Your Life After the Death of a Child .....6  
Newly Bereaved; Advice for Summer Healing .....7  
Poems .....8

**"That Room" Becomes Home**

The setting is a little strange. "That Room" is longer than it is square. The chairs are in an oblong circle, boxes of tissue are strategically placed. Someone has made coffee and there are brownies or a cake—and all the pictures.

Sometimes you will walk into "that room" feeling as weak as a kitten, and sometimes as strong as a bull. No matter how you're feeling when you see all those chairs, you think: "It's not possible; there can't be that many people who feel the way I feel!" But little by little you watch the chairs fill in.

It's like being at your house with company, EXCEPT this room is a safe haven. You feel secure, and there's a warm feeling in the room—the comfort of being accepted. Here, you won't be judged by other people. It is safe to take off your mask and let your feelings show, to share your thoughts.

Here you get an understanding smile and feel the comfort of a "meant" hug—the warmth of someone who really wants to know how you are doing, instead of asking: "Are you still dealing with this?" or "You're still going to those meetings?"

Here, you are accepted for the person you have become. You won't hear: "I liked the old you better," or "I want the old you back," or "You're not fun anymore." In "that room" they understand the "new" you who has survived the WORST thing that life can hand a person.

Before you know it, "that room" is more comfortable than any place you can think of. I've been walking into this room for 12 1/2 years now, and it is full of people who know me better and are closer to me than my own family. They became my "new" friends, my "new" family. What I have learned and shared with my new family has changed the pain I carry. They taught me how to put my life back together, how to go on.

I will always miss my beautiful daughter, Sara; I will never forget her, and yes, my life will go on. "That room" has become home.

I want to thank all of you for being here when I needed you the most! Thank you for being here now; I couldn't have done this journey without you!

See you next month!

*Mardy Burns ~ TCF, Independence, MO*

**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.*

“Deep within us, forgiveness is capable of treading the wasteland of our souls to help us feel again the love that has not died.” —*Don Hackett*

## 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.”

## Take it One Day at a Time

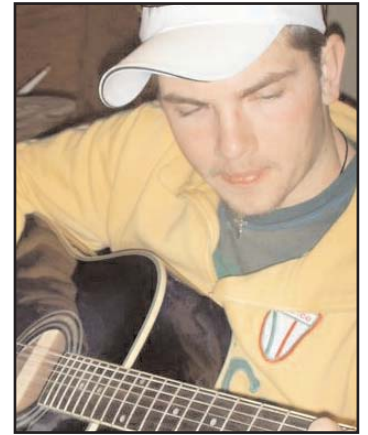
We can get trapped into thinking we always will feel this bad. Grief is easier to manage if you take it bit by bit. One way to do that is to live in the present. Don't try to take on tomorrow. If you feel like hell now, you only have to deal with this day. If you can't even face a whole day, take it minute by minute. Try not to get stuck in the past or jump ahead to the future. Just focus on this day, this hour or this minute. Pay attention to what you are thinking, feeling and doing. Just focus on where you are now. Breathe through it. Pray through it. If this moment is peaceful, savor it, but don't be disappointed when it passes. Unfortunately, just like the hard times, our happier times will end, too. However, rest assured that eventually the happy periods will outweigh the bad.

*From "Lead Me Home" by Carleen Brice*

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

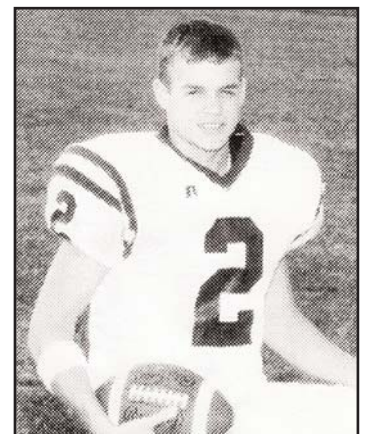
[This month's printing of our newsletter sponsored by Lisa Schoonover.](#)

**In loving memory of  
Jake Schoonover  
9-15 ~ 10-29  
Son of  
Lisa Schoonover**



[This month's printing of our newsletter sponsored by Doyle & Sherry Smith.](#)

**In loving memory of  
Scottie Baker  
8-3 ~ 11-29  
Grandson of  
Doyle & Sherry Smith**



[Call \(903\) 258-2547 to sponsor a monthly newsletter.](#)



*We need not walk alone.*

“There is no grief like the grief that does not speak.”  
—Henry Wadsworth Longfellow

## Love Gifts



Martha Lewis in memory of Burke Warren Lewis

Dolly Mobley in memory of Shannon Scheffler & Shane Crim

Lisa schoonover in memory of Jake -  
sponsoring this month's newsletter

Herb & Sandy Parr in memory of Herby

Freei & Joseph King in memory of Terry Brown

Mary & Erin Lingle in memory of Candice



Thanks to the following members who have made a rent donation for our new meeting place:

Jim & Cheri Zucca in memory of Leah

Don & Leslie Dixon in memory of Austin

Janet Majors in memory of Melissa

Tina Loper in memory of Christopher

Danny, Pat & Stephen Settle in memory of Stephanie

## Special Thanks!

Thanks to the following people who make a monthly contribution to TCF of Tyler:

Claudette Brown in memory of Terry Wayne

Dale & Phyllis Cavazos in memory of Chad

Sam Smith in memory of Stacey -  
use of his office for the Jacksonville meeting

David & Teresa Terrell in memory of Andy -  
use of a storage building

Thanks to all who helped with the assembly of last month's newsletter. We really appreciate all our volunteers!

## TCF of Tyler Memorial Quilt

If you would like to have your child's photo included on a TCF memorial quilt, please mail a \$25 donation to P.O. Box 9714, Tyler, TX 75711. For more information contact us at (903) 258-2547, or email us at [info@TylerTCF.org](mailto:info@TylerTCF.org).



## Announcements

**Jacksonville TCF Meeting:** The meeting in Jacksonville is held on the first Tuesday of the month, 6:30 p.m., at Sam Smith's office, 1401 E. Rusk, Jacksonville. For more information, please email [pdsettle@wmconnect.com](mailto:pdsettle@wmconnect.com) or [butterfly6@nctv.com](mailto:butterfly6@nctv.com), or call 903-258-2547.

**Lufkin TCF Meeting:** Join us at the Lufkin meeting held at 6:30 p.m. every 3rd Thursday of the month at Southside Baptist Church, 1615 Tulane Drive, Lufkin, TX 75901. For more information, contact Lauri Maner at 936-854-2002 or Sherri Tutt at 936-404-9517.

**The Touched by Suicide** meeting is held the second Tuesday of the month at 6:30 p.m. The meeting is held at our new meeting location. (See page 2 for directions.) Anyone who has lost someone they love to suicide is welcome to attend this peer support group. Note that it is not the proper forum for those who have attempted suicide and survived. For more information please call 903-574-3127.

**Steering Committee:** If you are interested in participating in our chapter by serving on the steering committee, please plan to attend a steering committee meeting in 2010. The dates of the remaining meetings are as follows: May 5th, August 9th, October 4th and November 8th.

**General Assembly:** Join us each month to assemble the newsletter and mail out cards. We hope to get some new volunteers to help with this monthly project. Call 903-258-2547 for details.

**Bonfire Sept. 2010:** We will hold our 3rd Annual Bonfire at Carol Johnson's on September 25. More details later.

**Holiday Food Donations for Lack's:** We will start early this year by placing a box at our new meeting location for non-perishable items.

**Annual Candle Lighting Ceremony:** Our Annual Candle Lighting Ceremony will be December 12, 2010, at Crossroads Community Church, 13730 Hwy 155 South, Tyler. The service begins at 6:30 p.m. Family and friends are welcome.

**New TCF Chapter:** #2359 TCF of Northeast Texas, located at 2986 C.R. 1112 Bogata, TX 75417. Call Julie for information at 903-632-5767. The meeting is held the first Thursday of each month at 7 p.m. at the United Methodist Church (fellowship hall) 206 N. Main St., Bogata, TX 75417.

**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](mailto:info@TylerTCF.org)



*We need not walk alone.*

“He that conceals his grief finds no remedy for it.” —*Turkish Proverb*

### August Birthdays



**Brennen Applegate**  
8-10 ~ 1-22  
Son of C.R. & Kathryn Applegate



**Gena Forest**  
8-22 ~ 12-9  
Daughter of Joice Bass



**Rowdy Cunningham**  
8-10 ~ 3-7  
Son of  
Peggy Cunningham



**Ashley Allison**  
8-3 ~ 4-12  
Daughter of  
Roger & Robin Allison



**Crystal Greene**  
8-6 ~ 11-13  
Niece of Audrey & Claude Mapps



**Tosha Nichole Minatrea**  
8-11 ~ 12-30  
Daughter of Tim Minatrea



**Shanette Bland**  
8-9 ~ 4-26  
Daughter of Clarence Thomas



**Joey Green**  
8-16 ~ 12-24  
Son of Jessica Green



**Ron Mitchum**  
8-3 ~ 4-15  
Son of Glenda Mitchum



**Christal Murphy**  
8-14 ~ 4-22  
Daughter of Debbie Johnson



**Cory Wayne Channon**  
8-17 ~ 10-19  
Fiancée of Lauri Dillman



**Ashlee Ann Davis**  
8-27 ~ 9-4  
Daughter of Regina Davis



**Scottie Baker**  
8-3 ~ 11-29  
Son of Steve Baker  
Son of Julie Stokes



**Quinn Martin Muirhead**  
8-12 ~ 4-30  
Son of Alice Fiedler



**Hannah Collie**  
8-30 ~ 10-25  
Daughter of  
Jason & Amanda Cole

#### Notice about Newsletter Birthdays & Anniversaries

We are following the guidelines from TCF National regarding the publishing of our children's birthdays and anniversaries. While we will leave the year intact on our printed copy, we will remove the year on the online copy. Thanks for your understanding while we comply for privacy reasons.



**Lori Campbell**  
8-27 ~ 2-28  
Daughter of Pam Johnson



**Calan Cameron Decker  
McKeethan**  
8-10 ~ 11-29  
Son of Mary Decker

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



*We need not walk alone.*

“Every one can master a grief but he that has it.” —William Shakespeare

### August Anniversaries



**Michael Holdway**  
6-18 ~ 8-3

Spouse of Kathy Dowdy Holdway



**Justin Dover**  
9-14 ~ 8-15

Son of Stacey Dover



**Austin Cheek**  
9-2 ~ 8-3

Son of Tracey Bales



**Aaron Willman**  
9-23 ~ 8-12

Son of Robin Mitchell



**Jill Marie Rozell**  
3-14 ~ 8-2

Daughter of Peggy & Terry Rozell



**Shannon Scheffler**  
12-21 ~ 8-22

Daughter of Dolly Mobley



**Lorie McLain**  
11-14 ~ 8-9

Daughter of Sandy White



**Sandi McLain**  
10-20 ~ 8-9

Granddaughter of Sandy White



**Joe Maland**  
4-2 ~ 8-17

Son of Mary Ann Girard  
Son of Dave & Jeanelle Maland



**Cathy Key**  
3-26 ~ 8-19

Sister of Cindy Murray



**James Jenkins**  
2-16 ~ 8-9

Son Becky & Eddie Jenkins



**Herby Parr**  
4-19 ~ 7-30  
Son of Sandy & Herbert Parr



**Jaime Arellano, Jr.**  
7-31 ~ 8-27

Son of Marie Arellano



**Tiffany LeAnn Tanner**  
12-2 ~ 8-24

Daughter of Kathy LeAnn Tanner



**Boston Kade Porter**  
5-27 ~ 8-12

Son of Jim Bob & Kim Porter



**Erik Scott McKinney**  
11-26 ~ 8-16

Son of Kevin & Kathy McKinney

Editor's note: Several corrections from the July newsletter include the inadvertent omission of Herby Parr's photo under anniversaries, and Christopher Mize's father and step mom, Jeff and Francis Mize under birthdays. Also, Cameron and Diana Weatherly's names were misspelled.

"Relevant to the paucity of English to describe certain terms, we have a name for a child who has lost a parent—*orphan*; widow describes a woman whose husband has died, and widower for the male counterpart. But there is no term to describe a parent who has lost a child—there are no words adequate for that pain."  
—*Author Unknown*

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





*We need not walk alone.*

"Grief and sadness knits two hearts in closer bonds than happiness ever can; and common sufferings are far stronger than common joys."  
—Alphonse de Lamartine

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## Transforming Your Life After the Death of a Child

The death of a child is an excruciating and life-changing experience for any parent and their surviving children and family. Those that have never had a child die speak the truth when they say, "I can't imagine what you're going through." There are no words that can fully express that gut-wrenching anguish and sorrow a parent feels searing through their mind, body and spirit when they are told their child is dead.

Having those very words spoken to my husband, Dan, and me on July 21, 1985, I can attest to that shattering of my heart and world. Yet with Kristen's 25th 'anniversary' soon approaching I would like to share a few of my grief journey 'learnings' and how they helped me move toward 'healing my fractured heart.' Because parental grief is unique and individual and based on various factors, my experiences may not match other bereaved parents' grief journeys, but hopefully something will resonate that may help a parent move beyond barely surviving your child's death to living once again with love and joy—albeit differently—and in your own time and way.

### **The Death of a Child is not something to 'get over'**

A parent's grief process is a lifelong journey and not a one-time event that is over at the magical one-year anniversary. Your child grows up in your mind and with each missed milestone depending on the age of their death (ie., learning to walk, starting school, getting married, having children, having a successful career etc), you will recycle your present loss along with past losses of every kind within the context of your own personality, your role in the family, and other present stressors, just to name a few factors. Grief will impact every aspect of your being spiritually, emotionally, physically, cognitively and socially and each aspect will need to be processed over and over again in order to integrate it within your life and your family's life—but you will NEVER get 'over it!'

### **Grief is not a step-by-step linear process**

Dr. Elisabeth Kübler-Ross never intended her grief theory to be taken so literally, generalized across all loss and grief, and have it cemented as a process that moves from higher intensity denial, anger, bargaining and depression to a final acceptance and peace at being back to 'normal.' Unfortunately, many still view grief that way and it causes major complications for those trying to do their own 'grief work.' There is no cookie-cutter approach or right way to learning to live without your child's physical presence. Working through any anger, guilt, grief depression, etc., can feel like you're on a spiraling rollercoaster tossing you forward and back, up and down and feeling as if it will never end—it is not an easy, fast or predictable process. The age of your child, circumstances surrounding the death, your relationship with your child, etc., will be different for every parent—so don't expect your process to follow the same path and in the same timeframe. Going with the flow of your own personal journey and giving yourself that permission to take what fits for you and disregard the rest is vital.

### **Going around grief is not an option**

No parent ever wants to cope with a child's death, but in reality it happens every day around the world—children die. You ask yourself "How am I ever going to go on?" Unfortunately, there is no way around grief—one must go through it in order for 'healing' or reconciliation and integration within your life to occur. Those early on in this process may not see 'healing' or integration as even possible dimensions right now—I understand that all too well—but 'healing' is possible, yet it's often felt long AFTER it's actually begun and then continues down the long winding road of life. Over time and a lot of grief work, one is able to move outside of oneself, moving beyond survival to living again. As posed in many grief books the question before you is "Do I become bitter or better?"—the choice is yours. From my own personal experience, one CAN live their life with renewed faith, hope and love!

### **Grief is Intergenerational**

What we learn about death and coping with loss as a child in our family-of-origin, in our spiritual/religious and school communities, and from other significant people and environments in our lives impacts how we process our own child's death. For many families their grief goes underground because talking about death is taboo and the topic becomes the 'elephant in the room'—everyone sees it but doesn't acknowledge it or express how they feel or what it means to them. Some may dive into work or try to numb themselves through alcohol, but that only delays, prolongs and complicates an already complicated process. Just because you learned to 'stuff' your grief as a child doesn't mean you have to do that as an adult in the present and future. You have a choice and change can be part of that choice. As difficult as it is to do, you do have the power to forge your own way of 'healing' in a healthier and more constructive way. And I hope all children today learn that lesson early on in their own lives!

*Cont. on next page.*





*We need not walk alone.*

"I know the roller coaster will level out eventually. For as long as I live, I will keep my child with me, in my heart. That's all I can do as I ride this changing roller coaster that is now my life." —Annette Mennen Baldwin

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*Cont. from previous page.*

### **Ongoing Support is Vital**

Family, friends and co-workers often don't know what to say or do around bereaved parents. The unthinkable has happened and much of their uncomfortable feelings come from knowing it could have been them! And oftentimes, after awhile many think you should be further along in your grief than you are—based on that false idea that there's truly a set timeline and destination to grief—that is why Ongoing Support is so very important for parents and their families. Being able to share your pain, as well as your joy (and yes one CAN laugh in the midst of grief), with another bereaved parent, a support group, a clergy, or anyone that you trust with your innermost thoughts and feelings is vital—someone that will listen with compassion and an open heart without judging your process or telling you to move forward in your life before YOU are ready.

### **Our children live within us Forever**

When we love someone, grief is a fact of life and living. When a child dies, we may feel as if the grief is insurmountable, yet just because your child is not physically present doesn't mean they aren't 'here.' Having experienced my own spiritual awakenings and 'love messages' from my daughter I KNOW Kristen will always be with me. Being open to experiencing Divine synchronicity and grace is not limited to those that practice a specific religion, however—it can occur with anyone open to 'healing' one's heart and spirit.

I hope this brief article on my 'learnings' will validate some of what you as a grieving parent may be going through—and that you have others in your life that will allow you to grieve in your own way and in your own time—moving you toward celebrating your child's life with renewed meaning and purpose in your own life.

*Deb Lee Gould, MEd  
July 1, 2010*

Deb Lee Gould, MEd, is a bereaved parent and Grief Consultant in Okemos, MI and offers local pro bono one-on-one grief support to parents and other adult family members living with the death of a child of an age and from any cause. She received her Masters in Counseling in 1993. She also is Director of a nonprofit and international Family Support Group for rare metabolic disorders. Please contact her at [deb@fodsupport.org](mailto:deb@fodsupport.org) for more information or for another perspective on your own grief journey. Deb's 'Holistic Intergenerational Grief Model—Healing of a Fractured Heart™' can be found on [www.fodsupport.org/coping\\_healing.htm](http://www.fodsupport.org/coping_healing.htm)

## **Newly Bereaved; Advice for Summer Healing**

Whether you are newly bereaved or you have been on this journey a long time, the change of seasons and the thoughts of coming "events" are hard but it is how you approach them that matters the most.

How will we handle vacation this year? How can we go on vacation without our child? How can I possibly have a good vacation without my child? Why would I want to go on vacation without my child? These are some of the questions we ask ourselves either knowingly or unconsciously and the answers are as vast as the way we grieve. For my family it wasn't a question of whether or not to go on vacation the following summer (we lost our son December 2001) but it became a question of why shouldn't we go? We had vacationed at the same place for 18 years and we started thinking about all the good times we had at the "pond" over those years.

For us it became a desire to "go back" and visit the place where our son had been happy and felt safe and secure—a place where we could go and just let go. For both my husband and I and now our daughter and her family, the pond continues to be a place where we can go and feel close to our son because we know how much he loved it there.

It was hard that first year and even the next as we looked for him everywhere. We chose to have a different campsite than we normally used that first year, but the next we moved back to our favorite campsite—it just felt right. As hard as it was to return to the pond there was and is a peaceful feeling that comes to us there as we allow all of the good memories to invade our waking moments, and we open our hearts and head to those memories knowing that our son had been there and it was one of his favorite places to be...

As you make plans for the summer, whatever they are, know that you have to do what feels right to you—there is no right or wrong. If you can, open your heart and follow it and let those stored memories carry you through.

*TCF ~ North Shore Boston Editor, Cindi Bolivar*





*We need not walk alone.*

“Personally, talking has been the best help for me. Attending a Compassionate Friends meeting and talking to others who have “been there” has helped many.”  
—*Jackie Wesley*

## **Then Came The Knock**

Written 7-8-10

Dark, Moonless Night, No Stars To See;  
Then Came The Knock Just For Me.

They Stood There Numb, What Could They Say?  
The News Was Bad--Took My Breath Away.

My Daughter's Dead! Could This Be True?  
They Sat With Me The Long Night Through.

My Mind Gave Way To Sudden Terror;  
But My Spirit Knew There'd Been No Error.

So In A Fog I Struggled Through;  
My God Is Good That's All I Knew.

His Loving Arms Held Up My Life;  
The Pain Was Sharp, Cut Like A Knife.

Her Beauty Stays Within My Soul;  
The Memories Live, Precious As Gold.

Two Years Have Passed. I Miss Her So!  
My Life Has Changed, But On I Go.

When Fainting Comes And I Cannot Stand;  
God Comes Along And Takes My Hand.

That Broke My Heart—That Late Night Call;  
I'm Better Now, I Survived It All.

Continued...

## **(Then Came The Knock)**

Tonight The Stars Are Shining Bright,  
The Air Smells Sweet, What A Glorious Night!

Life Can Go On—What Victory !  
Then Came The Knock Meant Just For Me.

They Stood There Numb, What Could They Say?  
The News Was Bad—Took My Breath Away.

My Son Is Dead! Now This Makes Two!  
They Sat With Me The Long Night Through.

*Dolly Mobley ~ TCF, Tyler, TX*

*In Loving Memory of Her Daughter Shannon Scheffler  
And Her Son Shane Crim*

## **Your Pup and I**

Your old pup sleeps before the fire.  
Muzzle resting on outstretched paws,  
He twitches with a little yelp,  
Reaching to a dream gone bad that he can't help.

A sound from outside jerks his head alert,  
Ears listening intently,  
Radar in search of your special step.  
Not hearing the sound he wants, he looks hurt.

His head goes down with a sigh.  
He looks to me with mournful eyes.  
I declare I think that dog sometimes cries...  
He, like I, never dreamed you'd be the first to die.

He misses you as badly as I.  
Even old pups want to know why...  
And they grieve, like us, for one last goodbye,  
And tonight I joined him as he cried.

*Fay Harden ~ TCF, Tuscaloosa, AL*

## **Newly Bereaved; Thoughts for You When You Get Depressed**

Don't ever try to understand everything—  
some things will just never make sense.

Don't ever be reluctant to show your feelings—  
when you're happy give in to it.

Don't ever be afraid to try to make things better—  
you might be surprised at the results.

There is always somebody there for you to reach out to.

Don't ever forget that you can achieve so many of the things  
you can imagine. Imagine that!

Don't ever stop loving.

Don't ever stop believing.

Don't ever stop dreaming your dreams.

*TCF ~ Orange Coast, CA*





# 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  Other \_\_\_\_\_

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



**"I don't think you ever stop giving. I really don't. I think it's an on-going process. And it's not just about being able to write a check. It's being able to touch somebody's life." —Oprah Winfrey**



# THE COMPASSIONATE FRIENDS

P.O. Box 9714  
Tyler, Texas 75711



*We need not walk alone.*



[www.TylerTCF.org](http://www.TylerTCF.org)