



# THE COMPASSIONATE FRIENDS



*We need not walk alone.*

Volume 11, Issue 12

Tyler, Texas

December 2010

## Monthly Group Meeting

### Tyler Area Meeting

Monday, Dec. 20, 6:30 p.m.  
12949 C.R. 42 (McDougle Rd.)

### Jacksonville Meeting

Tuesday, Dec. 7, 6:30 p.m.  
Sam Smith's office, 1401 E. Rusk

### Lufkin Meeting

Thursday, Dec. 16, 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 Tyler .....  
Don & Leslie Dixon, Cheri Zucca  
Meeting Facilitators Lufkin .....  
Sherri Tutt, Lauri Maner  
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
What Makes Suicide an Especially Difficult Loss? .....	2
First Christmas .....	2
Love Gifts/Announcements .....	3
Birthdays .....	4
Anniversaries .....	5
A Holiday to-do List for Siblings .....	6
Candle Lighting .....	7
Poems .....	8

## 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. (See flier on page 7.)



...that their  
light may  
always shine.

Light a candle for all children who have died.  
2nd Sunday in December, 6:30 p.m.

## Suggestions for Getting Through the Holidays

- Accept the likelihood of your pain.
- Feel whatever it is you feel: fear of future, anger, guilt, apathy, feelings lead you to yourself.
- Express your emotions; be yourself.
- Plan ahead.
- Take charge where you can, but don't make drastic changes. Eat, drink wisely. Exercise, walk. Choose activities that bring you energy.
- Turn to others for support.
- Be gentle with yourself—do what you feel like doing and don't push yourself.
- Remember to remember.
- Search out and enjoy your blessings. Enjoy laughter.
- Do something for others, feel needed, appreciated, valued.
- Give voice to your soul make room in your day for expressions of your soul—meditation, silent walks, talks with special friends.
- Harbor hope.

*TCF ~ Southbend, IN*

## Grief work is:

- Allowing the pain of grief to engulf your spirit.
- Talking one more breath when part of you wants to die.
- Getting up in the morning when your body feels like it weighs a thousand pounds and couldn't possibly move.
- Eating delicious food and finding it tasteless.
- Putting clothes and makeup on without a reason.
- Putting thought into a decision that affects others when you couldn't care less.
- Returning to everyday activities when only a part of you is really there.
- Going through the treasures of your child's life and death —
- And then talking about something else — for a while

If you have done any of these, your "grief work" has begun. When does it end? After seven years the load is lighter. I am comfortable with that.

*N. Green ~ TCF, Oakbrook, IL*

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.*

"When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life—a way to cling to every fleeting, precious moment of joy." —*Cortney Davis*

## 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."

## What Do I Say—What Do I Do?—How To Help a Grieving Friend

Hospice of East Texas recently sponsored a presentation by Dr. William G. (Bill) Hoy, PhD at Tyler's First Presbyterian Church titled "What Do I Say—What Do I Do?—How To Help a Grieving Friend." Dr. Hoy, a nationally recognized author and speaker, has counseled grieving people for the past 25 years and is the former director of the bereavement program at Pathways Volunteer Hospice in Long Beach, California. For me as a listener, Dr. Hoy had immediate credibility when he shared that he and his wife had lost a child.

Dr. Hoy discussed "the tasks of mourning"—the creation of a new life by those who are left to grieve—that no longer includes the person who has died. He pointed out that there is "no sequential set of steps" and said that the belief that all mourners go through a particular set of stages has been "suspended."

He often hears the words: "I'm lost. ....I just can't find my way." Grief is fluid rather than being a set of steps and is the process of readjusting life. Grief is personally unique as are relationships. It's not always a good thing to say, "I know what you're going through." A good thing to say is: "the things that helped me I will do." Such thought-provoking words for me to hear and ponder!

Dr. Hoy discussed the four Rs: **remember** (tell stories of the life lived and help each other to remember); **reaffirm** (faith); **realize** (that grieving is long term and is "not done once but done forever"); and **release**. Faith is a common experience: "It does not matter who we are or where we've been; when the chips are down, we look up."

Dr. Hoy made many points so helpful to those who grieve. "Everything in society conspires about grief taking a long time." We never fully say "good-bye."

We learn to enfold the death experience into all of our lives. Ceremonies (funerals and other events) help us to have "leave-taking" to a life that does not include the person who has died. We stay close to our grieving for a while, move away and then come back, Dr. Hoy noted. "Leave-taking is hard when people do not have or take the opportunity for leave-taking rituals." Grief is a "psychological onion peeled away a layer at a time." He said, "the four Rs help us find renewal—we do not recover—we rebuild!"

Dr. Hoy told the following story to make some important points. An older couple lost their home in a fire and chose to rebuild the identical home on the same foundation. When they built their new home on the old slab, it absorbed the smell of the smoke. When we build a new home on the old foundation, the smoke is always there. "We want it to be there," he said, "because you can't start over with no memory."

Another important point for grieving people to remember: even when dumb things are said, we are glad that the people did not stay away. People often minimize the grief experience with minimizing statements because they don't know what to say. "It's essential to be there," Dr. Hoy said, not on Face Book and not on Twitter. Invest an hour and a half to get to the funeral or the church service. "Folks will never forget."

Another important point: be there to listen! "We don't have to have an answer for everything." Let the grieving person know that "I'm here today and I'm going to continue to be here."

Pay attention to the special days, he said. Use the program from the funeral to mark your calendar with birthdays or the anniversary of the death ahead of time. "Keep on remembering....the funeral is just the beginning."

*Carol Thompson ~ TCF, Tyler, TX*



*We need not walk alone.*

"Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape." —C.S. Lewis

## Love Gifts



Chrisi McMillan in memory of Joshua Renaud  
 Dolly Mobley in memory of Shannon Scheffler and Shane Crim  
 Sue & Howard Hughes in memory of Cody  
 Joyce Stewart in memory of Stephanie Settle  
 Dale & Phyllis Cavazos in memory of Chad  
 Glenda Mitchum in memory of Ron  
 Lisa Schoonover in memory of Jake  
 Jim & Cheri Zucca in memory of Leah  
 Dan & Cece Brotton in memory of Missy Rogers



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

Carol Thompson in memory of Russ Miller  
 Danny & Pat Settle in memory of Russ Miller  
 Tina, Johnathan & Heather Loper in memory of Christopher Loper, Russ Miller and Lee Sammons

**Thank you to the following members who have made a contribution in 2010 for an entire month's rent for our meeting place. We appreciate this generous donation.**

Merri Walsh in memory of Chris O'Leary  
 Carol Thompson in memory of Sarah Thompson

## 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 appreciate all our volunteers!**

**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: Please notify us if any of your information is incorrect.

## Announcements

**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. Please call Carol Thompson at 903-539-0458 if you would like to bring something for refreshments. Family and friends are welcome.

**Holiday Food Donations for Lack's:** We have a box at our new meeting location for non-perishable items or you can drop of items at Lacks on Troup Highway.

**Tyler TCF Meeting:** The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 12949 County Road 42 (McDougle Rd.). For more information, please email pdsettle@wmconnect.com or butterfly6@nctv.com, or call 903-258-2547.

**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 or 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 2011. We will list the dates for next year's meetings when they become available.

**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. The upcoming dates are: Dec. 28

**MADD Heart** meets 2nd Tuesday of the month at the MADD office, 215 Winchester Dr. Ste., 100, Tyler, TX 75701. For more info call 888-665-6233 or email Melissa at melissa.granberry@madd.org.





*We need not walk alone.*

"You don't heal from the loss of a loved one because time passes; You heal because of what you do with the time." —Carol Crandall

### December Birthdays



**Jonathan Reynolds**  
12-14 ~ 11-16  
Son of Addison & Debra Reynolds



**Erica Smith**  
12-21 ~ 10-25  
Daughter of Todd & Sabrina Thoene



**Graham Gill**  
2-19 ~ 7-25  
Son of Pat Gill



**Zackery Browne**  
12-14 ~ 4-13  
Son of Timothy & Kay Browne



**Heath Hopson**  
12-8 ~ 4-23  
Son of Karen Hopson



**Renee Seale**  
12-21 ~ 7-13  
Daughter of Lana Kay Taylor



**Dex Bailey McLean**  
12-18 ~ 7-4  
Son of Charles & Chanda McLean



**Daniel Anderson**  
12-27 ~ 5-15  
Son of Kerry & Cheryl Anderson



**Christopher John Fisher**  
12-18 ~ 6-22  
Grandson of Grace & Tom Fisher



**Adam Knott**  
12-29 ~ 3-20  
Son of Bobby & Virginia Knott



**Stephanie Settle**  
12-22 ~ 5-27  
Daughter of Danny & Pat Settle



**Salvador Estrada**  
12-11 ~ 11-3  
Son of Charlotte Estrada



**Phillip Kuhn**  
12-28 ~ 3-27  
Son of Carolyn Kuhn



**Jessica Noelle Kirkpatrick**  
12-30- ~ 12-30  
Daughter of Barry & Christel Kirkpatrick



**Jeremy Simpson Brown**  
12-27 ~ 12-12  
Son of Shari Brown



**Tiffany Johnston**  
12-29 ~ 2-20  
Daughter of Sherrel & Greg Smith



**Ryszard Spakovsky**  
12-2 ~ 2-20  
Son of Sherrel & Greg Smith



**Alexander Fleming**  
12-4 ~ 5-8  
Son of Amy Fleming



**Tiffany LeAnn Tanner**  
12-2 ~ 8-24  
Daughter of Kathy LeAnn Tanner



**Brandon Weatherly**  
12-14 ~ 5-20  
Son of Ike & Diane Weatherly



**Sarah Harvey**  
12-12 ~ 4-26  
Daughter of Brian Harvey & Lisa Kirley



**Shannon Scheffler**  
12-21 ~ 8-22  
Daughter of Dolly Mobley



**Ashley McCaa**  
12-22 ~ 1-2  
Daughter of Pat McCaa



**Taylor Davis**  
12-31 ~ 1-21  
Son of Diane Ecker



**Cory Blackmon**  
12-31 ~ 3-13  
Grandson of Charles & Billie Bridges

*Birthdays continued on next page*



*We need not walk alone.*

"Sorrow makes us all children again—destroys all differences of intellect. The wisest know nothing." —Ralph Waldo Emerson

### December Birthdays



**Lindsey LeMon**  
12-20 ~ 4-27  
Daughter of Lisa LeMon



**Dawn Marie Wilson**  
12-29 ~ 8-21  
Daughter of  
Bonnie Thompson



**Burke Warren Lewis**  
12-20 ~ 11-14  
Son of Martha Lewis



**A.J. Frazier**  
12-29 ~ 9-18  
Son of Leslee Frazier



**Lauren Campbell**  
12-30 ~ 1-1  
Daughter of Mark &  
Kathy Campbell

### December Anniversaries



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



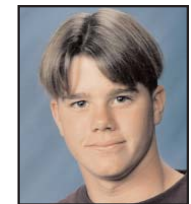
**Christopher Loper**  
4-28 ~ 12-21  
Son of Tina Loper



**Felicia Hobbs**  
7-19 ~ 12-1  
Daughter of  
Muriel Rogers



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



**James Fincke**  
7-15 ~ 12-25  
Son of Sara Fincke



**Cheryl Graebner Cook**  
4-25 ~ 12-10  
Daughter of  
Connie Graebner



**Jocelyn McCormick**  
1-11 ~ 12-7  
Granddaughter of  
June McCormick



**Karen Lowe**  
2-13 ~ 12-5  
Daughter of  
Muriel Rogers



**Mike Loughmiller**  
11-14 ~ 12-6  
Son of Suzanne  
Loughmiller



**Jessica Noelle Kirkpatrick**  
12-30 ~ 12-30  
Daughter of Barry &  
Christel Kirkpatrick



**Lee Sammons**  
9-4 ~ 12-10  
Son of Martin &  
Martha Sammons



**Theresa Kay Talley**  
9-16 ~ 12-20  
Daughter of W.A.  
& Ruby Talley



**Aaron Willman**  
9-23 ~ 12-8  
Son of Robin Mitchell



**Margie Starkey**  
4-30 ~ 12-3  
Daughter of Bettie Abbie



**Jeremy England**  
6-7 ~ 12-25  
Son of Sandra &  
Roger Pery



**Matt Thomas Crooks**  
4-17 ~ 12-24  
Son of Sylvia Crooks



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



**Jeremy Simpson Brown**  
12-27 ~ 12-12  
Son of Shari Brown



**Jake Higgins**  
6-29 ~ 12-4  
Son of Donna &  
Joel Griffin



**Whitni Danielle Ray**  
11-16 ~ 12-22  
Daughter of Rachelle  
Threadgill Brooks





*We need not walk alone.*

“A new year brings time to reflect on the children we love—those who remain with us and those for whom we grieve.” —Wayne Loder

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## A Holiday to-do List for Siblings

As a reflection back on the past 13 (WOW! Has it really been that long?) Christmases, I would like to share some ways that I have handled the holidays, as well as some additional thoughts. This time of year is bittersweet for me now, as opposed to the first Christmas without my older brother, David. That was the worst. At any rate, I can handle November and December much better now. I suppose I've learned a little along the way, and gained strength each year. Nonetheless, the anniversary of his death always gets to me. Unfortunately, it falls between Thanksgiving and Christmas on December 9th.

Here's my list of suggestions for honoring a sibling whom you have lost, and on simply making it through the holidays yourself:

1. Hang that stocking. Go ahead, put up your sibling's stocking. It isn't as though your brother or sister never existed, and isn't still a part of your life.
2. Write a poem or letter to your sibling and put it in the stocking.
3. Put up a tree, or continue with your holiday traditions. Yes, this is VERY difficult. But for most of our siblings, this was their favorite time of year. Celebrate how blessed you have been to have had your sister or brother for the holidays past. Decorate the way THEY would have wanted to, instead of the way you would do it.
4. Create a "memory box." This is simply a box of belongings from your sibling, or pictures of your sibling, etc. Wrap it in festive holiday paper, and put it under your tree if you have one.
5. Buy a gift for your sibling. Maybe it is something they truly would have wanted for the holidays; and maybe it's something the two of you would have enjoyed together or gotten a good laugh out of. This can be very therapeutic.
6. Go somewhere that your sibling would have wanted to go—the beach, a movie they would have liked, a favorite restaurant, whatever. "Share" this time with your sibling. This is also good on their birthday. Celebrate that they had a life, and that they are a part of yours!
7. Bake your sibling's favorite holiday goody.
8. Get together with your family and cry and LAUGH (It's okay to do this) at some great family memories from years past that involved your sibling. Share thoughts on great places you may have visited for the holidays, or anecdotes of you and your sibling trying to peek at what your gifts were ahead of time.
9. Put together a photo album of your sibling. This could be of your sibling's life in general, or of a specific subject, like the sport your sibling played, or holidays past.
10. Give the album to your parents. Cry and LAUGH at the pictures and the memories they generate.

I hope you are blessed this holiday season, and that my suggestions are helpful. Please know that the holidays get easier with time, and that you WILL make it through, even though it may seem impossible.

*Amy Baker Ferry ~ TCF, Heart of Florida Chapter*

“The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again.”

*Simon Stephens, founder of The Compassionate Friends*





## The Compassionate Friends Worldwide Candle Lighting

Come be part of the Candle Lighting Service.  
For 24 hours straight candles stay lit in every time zone around  
the globe for one hour to remember our **NOT FORGOTTEN**  
children. Please mark this day on your calendars.  
All family members and friends are welcome.

Light a candle in memory of all children who have died.

Sunday, December 12, 2010 at 6:30 p.m.

Crossroads Community Church, 13730 Hwy. 155 S., Tyler, TX

Call The Compassionate Friends at 903-258-2547 or email  
info@TylerTCF.org for information or to have your child's picture  
added to the slide presentation. Visit our website for additional  
information at [www.TylerTCF.org](http://www.TylerTCF.org). Candles are provided.



...that their  
light may  
always shine.

Light a candle for all children who have died.  
2nd Sunday in December, 6:30 p.m.  
[www.TylerTCF.org](http://www.TylerTCF.org) • 903-258-2547



*We need not walk alone.*

“Wounds do not heal without time and attention. Yet, too many of us feel that we don't have the right to take the time to heal from emotional and physical wounds.” —*Judy Tatelbaum*

## On a Night in December

As days moved on towards winter, and trees becoming bare, we were faced with shopping malls where carols filled the air.

And thoughts of all turned to loved ones, those present, and those not. For us, whose lives were drained of light, it was solace that we sought.

And so began a journey of candles round the earth bringing light to darkness and honoring the work of children held so dear to us but never to grow old, whose lives filled our life tapestries, with threads of finest gold.

Now we gather on this night and watch the candles burn, see their pictures, say their names one by one in turn.

And our children, brothers, sisters, for whom we gather here, let us know, in the candles glow, that they are always near.

Their light will e'er surround us, their love will always flow. When we leave, many remember this is ever so.

*Written for TCF Marin's 2003 Candle Lighting Service by Genessee Bourdeau Gentry, author of 'Stars in the Deepest Night—After the Death of a Child'*

## My Heart Full of Compassion

I cannot ease your aching heart,  
Nor take the pain away.  
But let me stay and take your hand  
And walk with you today.  
I'll listen when you need to talk,  
I'll wipe your tears away.  
I'll share your worries when they come,  
I'll help you face your fears.  
I'm here and I will stand by you,  
Each hill you have to climb.  
So take my hand let's face the world,  
Live one day at a time.  
You're not alone for I'm still here.  
I'll go that extra mile,  
And when your grief is easier,  
I'll help you learn to smile.

*By Aleasa*

## First Christmas

It can't possibly be Christmas without her being here.  
Yet the world is singing 'round me,  
joyful tidings and good cheer.

Though I try to put on armor and brave the sights and sounds, a few moments worth of shopping, and the tears are spilling down.

I pray for strength to do it, find a path through holidays, look for shortcuts, good ideas, some directions through the maze.

Then I find at last the answer: I'll include her symbolically.  
And the giving becomes perfect;  
her love's flowing down through me.

*Genessee Bourdeau Gentry from 'Stars in the Deepest Night—After the Death of a Child'*

## Only December

Feelings heavy,  
tears and tears.  
Will the darkness last?  
Or is it –  
only December?  
Hadn't past months  
brought peace and hope?  
Where is the strength  
of October –  
and November?  
Lights, carols, ornaments on trees,  
cards from friends,  
happy times in seasons past.  
We remember.  
We remember.  
Will January bring  
light at last?  
Will we be stronger then,  
for making it through  
this December?  
When people ask  
how I'm doing I say,  
Well . . . you know . . .  
it's December.

*Genessee Bourdeau Gentry from 'Stars in the Deepest Night—After the Death of a Child'*



# 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

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*We need not walk alone.*



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