



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 10, Issue 1

Tyler, Texas

January 2009

Monthly Group Meeting

Tyler Area Meeting

Monday, January 19, 6:30 p.m.
at Bridging The Gap on Hwy. 155 S.

Athens Area Meeting

198 & Manning St., Gun Barrel City
Tuesday, January 6, 6:30 p.m.

Contact

Phone: (903) 258-2547

www.TylerTCF.org • info@TylerTCF.org

P.O. Box 9714 • Tyler, TX 75711

Chapter LeaderTina Loper

Chapter Leader.....Pat Settle

Newsletter/Web SiteMary Lingle

Steering Committee:

Sam Smith, Carol Johnson,
Carol Thompson, Patricia Miller,
Charisse Smith, Mary Ann Girard,
Cheri Zucca, Mary Lingle,
David & Teresa Terrell

Jim & Karen Roach, Regional
Coordinators, (817) 244-0116

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.

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Thank you from Linda S.

Sometimes all I can feel is the sharp jagged metal of his wrecked truck. All I can see are the two trees and the road, one week later, with the shadow of a blood stain. The lifeless forms of his clothing are all I have to hold.

Parents who have lost children share an unwanted bond, but not all are like you, Compassionate Friends. When I see your tears I look at my tears. When I listen to your stories, I often hear my words. When I hug you it is as if I am embracing myself. For an instant, a broken circle is completed.

If I could show my gratitude to you...

It would sound like the voice of my two year old son, Erek, "I right here Mommy." It would be the sound of cheering on the sidelines of a soccer field as he scored one of his many goals. In the background, would be his often "hard-to-listen-to" adolescent music. In the distance, we would hear the sounds of hammering, carpentry, framing a new house, work he loved as a young man.

It would taste like the food he loved to cook and eat, hearty meat and potato meals, cheeseburgers, his freshly caught fish, and barbecue chicken wings for Patriot games. My thanks would be sweetened with a traditional New Orleans King's cake that Erek liked to share with us. Should I include one he thoughtfully bought for his sister's birthday, but then took a little too long to mail, from Louisiana to New York City?

My thank you would have the scent of saltwater beaches, the hot Florida gulf coast where he loved to fish or the cold Cape Cod water in Wellfleet where we spent summer vacations. Erek would want me to include the wind in our faces, on a clear New Hampshire winter day after a snowstorm, perfect for snowboarding.

It would look like last December's candlelight service, as I hopefully and a bit apprehensively, entered the church, not ever having met any of you before. My appreciation would be illuminated by the beautiful flashing slides of your children. Even though my son's picture was not among them, amazingly I saw his face in so many of their faces.

It would look like all the kind gestures from you this past year, the picture buttons, the cards, the beautiful garden and brick walkway, and of course, the butterflies.

If I could make it so, it would feel like all the times we ever held our children and all the hugs they ever gave us.

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.

“Though it hurts to lose a loved one, it is most painful to grieve for what you didn't get to enjoy with them. Rather, remember the blessings they left behind, with so many wonderful memories. Treasure their essence, for it is still here with you.” —Flora L.

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 (always the third Tuesday 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.”

Not Another Flower

There was a day when the sun ceased to shine. You may have missed it; it didn't make the headlines of any national paper. February 2, 1997, to most, was only Groundhog Day. For me, it was nothing as trite as whether the furry creature did or did not see his shadow. Forget the promise of spring, what did it matter now? My life as I dreamed it stopped when my four-year-old laid lifeless in my arms.

How I remember those early months after his death. I wanted to be like my Victorian ancestors and wear black, even a veil. Then my clothes could shout to my neighbors, those in the grocery store lines, and the many at church—look at me, I am a parent doing the impossible: living without her child.

I remember those who helped us as we put one foot in front of the other on the rocky path. My husband, three children, and I couldn't walk it alone. Friends, with embraces as strong and wide as eagle wings, circled us, cried with us. They brought meals, sent cards, provided listening ears, and took care of our young children.

Then there were those uncomfortable with our grief. During the first weeks they joined our tears, but as the months dragged on, their expressions and subtle hints were shouting, “Get back to normal. Look at the joyous side of life. Heal your broken heart!” For some reason, as you may know, people put a timeline on grief. I think the general consensus is that you're only allowed two to three weeks of sorrow.

When you are new to grief, even simple tasks can be laborious. Your energy and patience levels are low. But hear a comment or two that is completely out of line for anyone to say, and suddenly, you are propelled by anger. How can I forget the older lady in our church that called me every day for two weeks? She'd start off by asking how I was doing. My guts felt like they were stripped out of my body and my heart, mangled. I'd say, “It's hard.”

One afternoon this woman told me with all the sincerity she could muster, “God needed another flower in his garden in heaven and took Daniel.” I nearly dropped the phone. This was supposed to provide comfort? I eventually did hang up, but politely. My frustration flared. I got a lot of laundry done that afternoon—throwing clothes into the washing machine, banging the lid shut, flinging socks and shirts into the dryer.

I am bolder now. When people tell me certain lines, aimed to help me and they don't work, I let them know. My new mantra is, “Cry with me. Don't pretend you understand why my child died. Don't try to rationalize why my son was diagnosed with cancer at the age of three and died at four.”

Those who have helped are the ones who continue to remember his birthday and think of how hard it is to live the holidays without him. I appreciate the friends who join me at the cemetery, named by my children “Daniel's Place,” and lift a helium balloon into the sky with me. Watch it soar.

I believe my son is vibrant and alive in Heaven now. I hope the balloon reaches him. Don't tell me it pops when it gets out of sight. Let me be like a child and not know the laws of the stratosphere. Let me wish he knows how much I love and miss him. Let me believe he is alive and touching the face of God.

The sun does shine again in my world. Although the hole in my mother's heart is always present, I'm grateful for the times I can tell Daniel's story. Remembering him, writing about him, even sharing his jokes with those I meet, brings healing.

I place flowers at his grave. But Daniel is not another flower.

~ By Alice J. Wisler



We need not walk alone.

"The best way to honor the dead is to love the living, for if our lives stop when their life stops, death has killed twice." —Rev. William A. Ritter, bereaved father

Love Gifts



Diane Ecker, Forrest & Blake Davis in memory of Taylor

Victor & Margie Newman in memory of Jeremy

Claudette Brown in memory of Terry

Dale & Phyllis Cavazos in memory of Chad

Pam Johnson in memory of Lori Campbell

Dale Melton & Shalina Ramirez in memory of Bryce Ramirez Cooksey

Christy Corey in memory of Dylan

Doris Paar in memory of Sarah Thompson

Bobby & Jean Gimble in memory of Cason

Stephanie Luther in memory of Dex McLean

Charles & Chanda McLean in memory of Dex McLean

Mary Ann Girard in memory of Joe Maland

Bridging The Gap Ministries -
Tyler meeting location

Jerry & Judy Olson in memory of Kim Pryor -
refreshments & meeting place for the Athen's meeting

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

Special Thanks!

A special thanks to Claudette Brown, in memory of Terry Brown, for pledging a monthly donation. Claudette lives too far away to make it to the TCF meetings, but appreciates the newsletter and TCF events.

A special thanks to Dale & Phyllis Cavazos, in memory of Chad, for their regular donations to TCF of Tyler.

Special thanks to Bill Skillerns and Steven Sikes at Skillerns Business Systems for helping us with the copying of our newsletter. Skillerns is located at 1604 Grande Blvd. in Tyler.

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

Announcements

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 2009. These are the dates we will be meeting: Jan. 12, April 13, July 13, Oct. 12 or Nov. 2. **The January 12 steering committee meeting will be held at Carol Thompson's home at 6 p.m. Call Pat Settle at (903) 570-8412 for directions.**

Lack's Christmas Tree & Food Drive: Thanks to all who participated in the Lack's Christmas tree decorating and food drive. TCF of Tyler won 3rd place for number of canned foods contributed!

Athen's Area Meeting: The Tyler TCF meeting is held in the Athen's area the first Tuesday of every month at 6:30 p.m. **Directions:** The church is located on 198 and Manning Street, Mabank, TX, near Gun Barrel City. On Manning street you can only turn one way. There is also an Eye Center on the corner. You will see the church behind the liquor store and there is an Italian restaurant across the street from where you turn. If you need directions or would like to car-pool to the meeting, call Pat at (903) 570-8412 or the TCF cell phone at (903) 258-2547.

New Fundraiser: We have placed a donation box at our meeting place for you to drop off old cell phones for a new fundraiser.

Yard Sale Donations! If you would like to help with, or donate items for our fundraising yard sale, please contact us for drop off or pick up at (903) 258-2547. We especially need larger household items, volunteers to take on this project, and suggestions for a good location.

New Chapters Chartered:

2616: TCF of Houston, Inner Loop Chapter, 3942 W. Alabama, #6, Houston, TX 77027, (713) 767-1584

2314: TCF of Midland, TX

3509: Seaboard Midland, TX 79707, (432) 520-2712

We appreciate all our newsletter sponsors for 2008!

Please contact us if you would like to sponsor a newsletter in honor and loving memory of your child.

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 3rd Tuesday 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.





We need not walk alone.

“Although it's difficult today to see beyond the sorrow, may looking back in memory help comfort you tomorrow.” —Unknown

January Birthdays



Joshua Paul Renaud
1-18-86 ~ 6-9-06
Son of
Christi Renaud McMillan



Sarah Thompson
1-3-81 ~ 9-8-05
Daughter of
Ted & Carol Thompson



Michael Rucker
1-18-93 ~ 6-1-02
Son of Brandy Rucker Pearson
Grandson of Shelba Putman



Amber Glasco
1-30-91 ~ 6-16-05
Daughter of
Chris & Julie Glasco



Jonathan Sanders
1-4-87 ~ 9-8-06
Son of Lisa Dunford & Donald Sanders;
Grandson of Dorothy Rawlinson



Brooke Wallace
1-16-81 ~ 11-24-98
Daughter of
Charles & Tammy Wallace



John Wallace
1-1-80 ~ 2-2-99
Son of Barbara Wallace



Kimberly Pryor
1-2-73 ~ 5-30-07
Daughter of
Jerry & Judy Olson



Tyler Roberts
1-6-97 ~ 3-7-08
Son of
Peggy Cunningham



Jocelyn McCormick
1-11-04 ~ 12-7-04
Granddaughter of
June McCormick



James E. Abbie, Jr.
1-31-60 ~ 7-15-92
Son of
Bettie Abbie

Find a Road

“Mama, find a road we’ve never been on before.” Her voice was excited and her young face happy in anticipation of the adventure in front of us. She knew that I would do it—because I had always done it before—and because I loved to do it myself—maybe as much as she did. It was a small request turned into a great episode of conspiratorial adventure and fun. It was something that the two of us did together that made it so precious; the memories continue to make it precious to this day. To remember it now makes my heart—and my stomach—rise and fall—because those days are gone. So I would find a new road and we would explore it together. If we happened to have helium balloons left from a birthday party, we would let them go out the car windows and giggle together, imagining scenes where people would come home from school and work and find a happy-birthday balloon stuck in their tree. It was fun to make mischief together. So now, today, I say, “Sarah, I’m on a road that I’ve never been on before. I don’t know this new journey, but I know I’ll catch up with you one day.”

*Carol Thompson ~ TCF, Tyler, TX
In memory of Sarah, 1981-2005*

Winter Dreaming

Winter sun slants down, no warmth in its rays
Warm spring is sleeping, under the snow she lays.
Barren tree branches dance in time to the cold winds song
Nights are dark and oh so long.
But your memories are my blanket of warmth
And I pull them close to me, waiting for spring to come forth.
A time of warm breeze, to chase away the cold
But now in the winter, warm memories I hold.

Sheila Simmons ~ TCF, Atlanta, GA

We have a special birthday basket at our meetings for members to choose an item during the month of their child's birthday.





We need not walk alone.

"Each of us travels this road differently, but we owe it to ourselves to do our grief work. Not easy work, not fun work, not immediately rewarding work, but this is work, just the same." —Annette Mennen Baldwin

January Anniversaries



Brittany Butler
10-4-84 ~ 1-21-01
Daughter of Shelly Butler



Ashley McCaa
12-22-82 ~ 1-2-00
Daughter of Pat McCaa



Taylor Davis
12-31-85 ~ 1-21-06
Son of Diane Ecker



Jana Lauren Shearer
3-26-86 ~ 1-5-08
Daughter of
Stephanie Shearer



Rusty Welch
11-29-57 ~ 1-1-67
Son of Travis & Martha Welch



Christopher Baggett
4-23-69 ~ 1-8-89
Son of Anita Demby



Susie Gorman
10-9-51 ~ 1-14-07
Spouse of Onie Gorman



Betsi Marie Wyatt
9-4-02 ~ 1-3-08
Daughter of Linda Wyatt



Charles "Bryan" Meadows
3-18-80 ~ 1-19-03
Son of Charles & Lynda Meadows



Jeremy Newman
4-15-80 ~ 1-10-02
Son of Victor & Margie Newman



Dylan Corey
2-21-97 ~ 1-24-01
Son of Christy Corey



Michelle "Missy" Green
2-09-69 ~ 1-30-93
Daughter of Elena Glasscock



Michael R. Peymon
9-18-79 ~ 1-2-06
Son of Tom & Sharon Peymon



Brennen Applegate
8-10-69 ~ 1-22-01
Son of C.R. & Kathryn Applegate

Seasons of the Heart

Your special days are unchanging
Seasons of the heart I celebrate.
Your birth, forever spring,
Tender memories relate,
New and green, a dream
From which too soon I awake.
The summer of your life was bright
Laughter needed no reason,
Seemingly endless days of sharing.
Sixteen summers. Short in season.
Your death brought winter without warning,
What sense in all this can be found?
Summer dreams replaced with mourning.
Where is hope now?
But the heart knows what
The mind cannot accept
That when all is lost,
It is love that is left.
Love knows no barriers
Time or distance recognize.
Love does not diminish,
But is constant in our lives.
And like a summer breeze
Uplifts and inspires us
With healing memories.

*For son Eddie (2-18-74 ~ 5-30-90)
Peggy Walls ~ TCF, Alexander City, AL*



We need not walk alone.

“Our heart knows there will be no more new memories, that is why we hold and cherish those we have so dearly. It is the love remembered that gives us hope in the midst of our sorrow.” —*Marie Hofmockel*

Ten Self-Compassionate Principles

Though you should reach out to others as you journey through grief, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain “rights” no one should try to take away from you.

The following list is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

1. You have the right to experience your own unique grief. When you turn to others for help, don't allow them to tell you what you should or should not be feeling.
2. You have the right to talk about your grief. Talking about grief will help you heal. Seek out others who will allow you to talk as much as you want as often as you want. You also have the right to be silent.
3. You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt, and relief are a few of the emotions you might feel. Others may try to tell you that feeling angry is wrong. Find listeners who will accept your feelings without condition.
4. You have the right to be tolerant of your physical and emotional limits. Your feeling of loss will probably leave you fatigued. Respect what your body and mind are telling you. Get daily rest, eat balanced meals. Don't allow others to push you into things you don't feel ready for.
5. You have the right to experience “griefbursts.” Sometimes, out of nowhere, a powerful surge of grief may overcome you. This is normal and natural.
6. You have the right to make use of ritual. The funeral helps provide you with the support of caring people. Don't listen to those that tell you rituals are unnecessary.
7. You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate for you. Be around people who understand.
8. You have the right to search for meaning. You may find yourself asking, “Why?” Some questions may have answers others may not. Watch out for clichéd responses. Comments like: “It was God's will” are not helpful and you do not have to accept them.
9. You have the right to treasure your memories. Memories are one of the best legacies that exist after the death of your child. Find others with whom you can share them.
10. You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Be patient and tolerant of yourself. Avoid people who are not tolerant with you.

The Mourner's Code from *Understanding Your Grief* by Alan D. Wolfelt, Ph.D, published by Companion Press, copyright 2003, reprinted with permission.

Reflections

With the death of my sister come some painful realizations; that life isn't always fair or predictable; that sometimes even my best still isn't good enough; and that from the day of her death, the happy events in my life would always be tinged with sadness.

Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life and a greater compassion for those who hurt. I have learned to be a survivor and to have a successful career and productive life in the face of tremendous grief and loss. I have been gifted with good friends and special people to help me through the rough times. But most of all, I have been given the gift of time—time to heal and time to replace those painful memories of death with priceless memories of my sister's life.

Cathy Schanberger





We need not walk alone.

“Heart hath its own memory, like the mind. And in it are enshrined the precious keepsakes, into which is wrought the giver's loving thought.” —*H.W. Longfellow*

Tie One On For Safety

TYLER—Mothers Against Drunk Driving of East Texas has kicked off its annual “Tie One On For Safety” holiday season push. You're urged to wear a MADD red ribbon, place a MADD window cling, or put a MADD red-ribbon magnet on your vehicle. MADD/East Texas director Rita Fryer says those serve as pledges to drive safely and sober, wear seat belts, and remind others to do the same. National MADD President Laura Dean-Mooney joined in the kickoff, held in Tyler—and added some statistics worth noting. Mooney says the East Texas region has a higher number of alcohol-related fatalities than anywhere else in the state except the Houston area.

Miss Teen Texas, 15-year-old Sydney Capello of Southlake, also joined in the activities. Sydney says she'll be driving soon, and she wants others in her age group to be extra careful behind the wheel. She says, “My platform—'Be Better, Not Bitter: Overcoming Adversity'—encompasses all things that could put teens in harm's way. So I definitely take this personally.” Mayor Barbara Bass was among others taking part.

A number of recognitions were handed out to supporters of the cause:

DIFFERENCE MAKER AWARDS

Charlene "Cam" McCabe — City of Tyler Municipal Court Administrator
Tina Loper — MADD Victim Impact Panel Speaker
Kim Harvey-Livingston — Licensed Professional Counselor -- UT Tyler
Dr. Scott Norwood — Medical Director of Trauma Services, East Texas Medical Center

SPECIAL RECOGNITION OF OUTSTANDING LEADERSHIP IN OUR COMMUNITY

Tyler Police Department — Chief Gary Swindle
Smith County Sheriff's Department — Sheriff J.B. Smith
Texas Department of Public Safety — Captain Audra Livingston
Smith County District Attorney's Office — Matt Bingham, District Attorney
Hon. Judge Jack Skeen — 241st District Court

Editor's note: Tina Loper, TCF of Tyler Chapter Leader, was chosen as a MADD Victim Impact Panel Speaker. Tina was honored with a Difference Maker Award.

Sorrow is Not Forever—Love Is!

from *The facts of Death* by Michael A. Simpson ~ TCF, Birmingham, AL

So often, one attempts to face the whole future at once. But we will not live that period all at once, only day by day.

Don't try to face twenty years.

Face today.

When that has been achieved, face tomorrow.

You will find more and more ways in which you can cope.

The Chinese have a saying that a journey of a thousand miles starts with a single step.

There is no way you can take the fifteenth, or the two hundred seventh step, before you have taken the first.

It can be difficult to face going out again and resuming your regular activities.

It can take more courage to face the little things than the big things in life. Going out shopping for groceries for the first time can become an ordeal. Making the change more complete could help. Try a different store, a different day or time, and go with a friend.

When it seems very hard to decide what to do first, maybe it's not very important where you start, as long as you start.

Choose a simple task and get started. Once you've begun, it will be far easier to set your priorities, and you will have gained in confidence for already having achieved something."





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“When it seems very hard to decide what to do first, maybe it's not very important where you start, as long as you start.” —*Michael A. Simpson*

The Wind and Rain

I was born into the waiting, loving arms of my parents..
Growing up I ran and played with my sister and brothers.
At times I was the good, bad and ugly—just ask the others.

Began to grow and then left home to start a family of my own.
See, I was just on loan,
Now I'm gone.

As my journey ended
My Daddy and brother wait for me
with open arms and great big grins.

Please don't cry for me,
As I'm the wind and rain on thee.

Margie Anita Abbie Baggerly Starkey
Mary Ann
Submitted by Bettie Abbie
4-30-57 ~ 12-3-07

Together Once More

Eyes the color of sky blue that
He saved for you.
Strawberry blonde for your hair
Yet, skin that was so fair.
Tho' years have come and gone
In my mind's eye I can see how you had grown.
Carried all ladies in his hands
Yes, he even led the marching bands.
When he saw an injustice among men
He wasn't afraid to step right in.
He stands with his Daddy on Jordan's far shore
Waiting till we are all together once more.

In memory of James E. Abbie, Jr.
1-31-60 ~ 7-15-92

Betty Abbie ~ TCF, Tyler, TX

A Love Song

The mention of my child's name
May bring tears to my eyes,
But it never fails to bring
Music to my ears.
If you are really my friend,
Please, don't keep me
From hearing the beautiful music.
It soothes my broken heart
And fills my soul with love.

Nancy Williams ~ TCF, NJ

I Remember

I remember the little boy
Who sat upon my knee
I remember the beautiful man
That you grew up to be

I remember your dazzling smile
That shone just like the sun
I remember your twinkling eyes
Just like the stars in the skies

I remember all the calls
When you'd ask for money
I'll pay you back next week
And I would think that's funny.

I remember how passionate you were
About your team “tribe”
I remember how good you were
and how hard you'd stride

I remember all the words
That you would say to me
I remember all the hugs
No matter where we'd be

I remember every little thing
You could brighten up my days
I remember my loving son
And your funny quirky ways

I think of you all the time
There's nothing I can't recall
I am so thankful every day
So thank you for it all.

Happy Birthday Jonathan
Love Mom ~ Lindsey, TCF, Tyler, TX

The Unending Symphony

by Bee Ewing

The sun will surely rise again
And rivers will run to the sea.
The ocean waves will crest and roll,
The eagle will always fly free.
Just as certainly heaven waits
For all those who believe.
While God in His infinite mercy
Sustains all those who grieve.
In the unending symphony of life,
You have played such a special part.
The song of your life will remain for all
Who have memories of you in their heart.

Meg Avery, Sugar Hill, GA
In Memory of Her Son, James Avery

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.

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 _____
Please make check payable to TCF

In memory of _____

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



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www.TylerTCF.org