



**Monthly Group Meeting**

**Tyler Area Meeting**

Monday, Jan. 17, 6:30 p.m.  
12949 C.R. 42 (McDougle Rd.)

**Jacksonville Meeting**

Tuesday, Jan. 4, 6:30 p.m.  
Sam Smith's office, 1401 E. Rusk

**Lufkin Meeting**

Thursday, Jan. 20, 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  
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,  
Mary Ann Girard, Cheri Zucca, Mary  
Lingle, David & Teresa Terrell, Janet  
Majors, Don & Leslie Dixon, Kathy  
McKinney, Margie Newman, Pat Settle

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.

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**Grief: Our Act of Love**

"I had a child who died." How simple these words are, yet how painful they are to say. The death of a child is the harshest blow life has to offer; it destroys our trust in the world at the most basic level. Grief is our total response to the death of a child; our body, mind, emotions and spirit all react to the loss. While many of us wish to stop the intense grief work we are doing, we find it impossible for many reasons.

First, grief is an act of love, not a lack of strength or faith. The more we loved our child, the greater will be our grief. The more integrated our lives were with the life of our child, the more we will miss his or her very presence. The intensity of our grief is often representative of our love. Second, grief is a necessary process that we must go through in order to maintain our wholeness and sanity. If we do not grieve, we will not heal.

One of the earliest and hardest lessons we bereaved parents learn is that men and women grieve differently; women, in general, grieve more openly than do men, and women, on the whole, are more comfortable verbally expressing their feelings of loss. While segments of our culture indicate it is more "manly" not to cry, we know this is not true.

Grief work also helps us to complete unfinished business with our child and close the past relationship that we had. We will never "get over" the loss of our child, nor would we ever really want to. We are who we are partly because of our relationship to that child. Our lives will always be influenced by our son or daughter, but most of us will eventually learn to live a meaningful life, despite our tragedy.

Our child will always be with us in spirit and in love, and we often feel a need to hold on to tangible items, such as toys or clothes, to maintain that feeling of closeness. But, intense grief work allows us to let go of the relationship we had and create a new relationship with our child. Our remembrances, love and feelings of oneness with our child can never be destroyed. I cannot see nor touch my Philip, but I vividly remember him. I have completed earthly mothering, but I still have an intense mother-child relationship with my son.

Grief over the death of a child is the hardest work that most of us will ever do. While we all wish for the pain to stop, we need to remember that we grieve intensely because we loved intensely. It is unrealistic to expect that grief to ever totally go away, because the love we have for our child will never go away. Our grief is an act of love and is nothing for which we should be ashamed.

*Elaine Grier, Philip's Mom ~ TCF, Atlanta, Georgia*

**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.*

“For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.” —*Dory Rooker*

## 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.”

## Normal

Bereaved grandparents frequently report frustration with the expectation that they should return to normal quickly after the death of a grandchild. What friends, co-workers, and even extended family don't seem to understand is that normal will never be the same. We are profoundly changed when a grandchild dies. We approach life differently than before. Many of us find our religious faith challenged, and comments regarding God's plan or our grandchild being in a better place anger rather than comfort us. Friendships dissolve when people can't accept that our grief is debilitating. The intensity of our grief, which is a reflection of the depth of our love, alarms people. Friends might avoid us because of their own discomfort with our grief. Family members may even make critical comments about getting over the loss. Our fast-paced society permits no time for mourning. Look at company policies on bereavement leave. Most companies offer one day for the death of a grandchild. One day off, and then we are supposed to function as though nothing happened.

Unfortunately, we also start to doubt ourselves. We worry that we are doing something wrong when we can't bounce back and return to normal, to life as it was before our grandchild died. Burying a grandchild is not normal. Seeing our bereaved child in pain that we cannot alleviate is not normal. Normal has to be redefined, and the process is gradual. A new normal will evolve, one that takes into account our changed family and our desire that our grandchild not be forgotten.

So the next time somebody questions when you are going to get back to normal, look them straight in the eye and tell them normal is a setting on a washing machine.

*Nina Bennett (AGAST: Alliance of Grandparents, A Support in Tragedy)*

**This month's printing of our newsletter sponsored by Juanita Blake.**

**In loving memory of  
Donna Morales  
5-8 ~ 5-14  
granddaughter of  
Juanita Blake**



**Call (903) 258-2547 to sponsor a monthly newsletter.**



*We need not walk alone.*

“Be not afraid of going slowly, be only afraid of standing still.”  
—Chinese Proverb

## Love Gifts



Dale & Phyllis Cavazos in memory of Chad  
 Charles & Chanda Mclean in memory of Dex  
 Sam Smith in memory of Stacey  
 Mr. & Mrs. James Crawford in memory of Jared Sheets  
 Ike Weatherly in memory of Cameron & Brandon  
 Tammy Wallace in memory of Brooke  
 Claudette Brown in memory of Terry Wayne  
 Elise Erwin in memory of Lauren Campbell  
 Mona Anderson in memory of T.J.  
 Regina Davis in memory of Ashlee Davis & J.D. Adams  
 Doris Paar in memory of Sarah Thompson  
 Martha Lewis in memory of Burke  
 Tim & Kay Browne and Lynda Hanna in memory of  
 Zack Browne & Cindy Dingler  
 Mr. & Mrs. Clark Roberts in memory of Jake Schoonover  
 Lisa Schoonover in memory of Jake  
 Jaunita Blake in memory of Donna Morales -  
 sponsoring a newsletter



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

Jim & Cheri Zucca in memory of Leah  
 Merri Walsh in memory of Chris O’Leary  
 Tina, Johnathan & Heather Loper  
 in memory of Christopher  
 Danny, Pat & Stephen Settle in memory of Steph  
 Don & Leslie Dixon in memory of Austin

**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!**

## Announcements

**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](mailto:pdsettle@wmconnect.com) or [butterfly6@nctv.com](mailto: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](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 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.

**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](mailto:melissa.granberry@madd.org).

**New Database:** Please bear with us as we transition to a new computer system. If any information regarding your child is incorrect, please email [butterfly6@nctv.com](mailto:butterfly6@nctv.com) or [cheriz708@yahoo.com](mailto:cheriz708@yahoo.com) or call 903-258-2547 so that we can correct immediately. Thank you!

**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.*

"If you're going through hell, keep going." —Winston Churchill

### January Birthdays



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



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



**Cameron Robinson**  
1-4 ~ 8-9  
Son of Julie Robinson



**Alexander Johnson**  
1-5 ~ 10-30  
Son of Candice Johnson



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



**Amber Glasco**  
1-30 ~ 6-15  
Daughter of  
Chris & Julie Glasco



**Benjamin Gilpin**  
1-25 ~ 1-13  
Son of Stuart & Mary Gilpin



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



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



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



**John Wallace**  
1-1 ~ 2-2  
Son of Barbara Wallace



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



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



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

### We Greatly Appreciate Our 2010 Newsletter Sponsors

Mary Ann Girard in memory of Joe Maland  
Mary & Erin Lingle in memory of Candice  
Lisa Schoonover in memory of Jake  
Carol Thompson in memory of Sarah  
Lisa Schoonover in memory of Jake  
Doyle & Sherry Smith in memory of Scottie Baker  
Jim & Cheri Zucca in memory of Leah  
Janet & Greg Majors in memory of Melissa  
Mary Delaney in memory of Ryan  
Tami Wooldridge in memory of Toni Wood  
Merri Walsh in memory of Chris O'Leary  
Shirley Hall in memory of James Permenter

### Thanks to All Who Helped at the Candle Lighting Ceremony

First Baptist Church South  
Campus  
Crossroads Community  
Church  
Southside Baptist Church,  
Lufkin  
Scotty Garrison  
Sam Smith  
Dan Johnson  
Mike & Julie Brosang  
Gail Voyles  
Touched by Suicide Support  
Group  
Tyler Courier Times

KETK  
MADD  
Lacks Furniture  
Brosangs  
Lisa Schoonover  
Mary Ann Girard  
Carol Thompson  
Jim & Cheri Zucca  
David & Teresa Terrell  
Janet Majors  
Shane & Carol Johnson  
TCF of Tyler Steering  
Committee





*We need not walk alone.*

"Pain becomes bearable when we are able to trust that it won't last forever, not when we pretend that it doesn't exist." —Alla Bozarth-Campbell

### January Anniversaries



**Brittany Butler**  
10-4 ~ 1-21  
Daughter of Shelly Butler



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



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



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



**Dylan Corey**  
2-21 ~ 1-24  
Son of Christy Corey



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



**Benjamin Gilpin**  
1-25 ~ 1-13  
Son of Stuart & Mary Gilpin



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



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



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



**Danielle Celeste Yura**  
3-22 ~ 1-15  
Daughter of Susie Hughes  
Fincher



**Logan Alexander**  
12-9 ~ 1-30  
Son of Joyce Horton



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



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



**Mary Adams**  
1-28 ~ 11-28  
Daughter of Vicki Adams



**Susie Gorman**  
10-9 ~ 1-14  
Spouse of  
Onie Gorman



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



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



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



**Clayton Norton**  
10-17 ~ 1-1  
Son of Ronnie &  
Dottie Norton



**Gaaron Hicks**  
11-8 ~ 1-08  
Son of  
Diane Richardson



**Shellae Vicknair**  
10-13 ~ 1-18  
Daughter of  
Vera Vicknair





*We need not walk alone.*

"Don't give up. Keep holding on to each day and be thankful for each new day that you get closer to your healing." —*Cheryline Lawson*

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## Looking Back While Looking Ahead

Janus is a mythological character for whom our month of January, the beginning of each year, is named. Janus, always pictured as having two heads which face in opposite directions, has the ability to look back and view the past at the same time he is looking ahead to the future.

Because my daughter's birthday is in January and I am facing my sixth Christmas without her presence, Janus holds special interest for me. He represents endings and beginnings and time, as well as doors and gates.

I often feel like Janus standing in the January threshold. Time is marked by the before and the after the death of my daughter. The clock moves forward without control, leaving me standing and staring behind, unable to get back "there" to pick up where we left off, and unsure as to what lies ahead, at least as far as earthly existence is concerned.

I'm looking back to see what I have learned and observed during Year Five following Sarah's "leave-taking." I have lived a little more like myself and have experienced a revival of the spirit which left me entirely when Sarah died. I'm confident that my feelings are valid whether or not others understand or recognize what I am experiencing. I know now that I can observe holidays and other important times from within, without wanting to outwardly celebrate with the world in general, and it still counts. I know that spurts of enthusiasm and awakening will come and, though they will not last and don't reach the level of joy, they are there for the moment.

I continue to learn to learn from others. I treasure the quote of Elizabeth Edwards who survived the loss of a child and was taken by cancer years later: "The days of our lives, for all of us, are numbered. We know that. And, yes, there are certainly times when we aren't able to muster as much strength and patience as we would like. It's called being human. But I have found that in the simple act of living with hope, and in the daily effort to have a positive impact in the world, the days that I do have are made all the more meaningful and precious. And for that I am grateful." Thank you, Elizabeth.

I have learned so much from my Compassionate Friends: the dear mom who has lost one child and is bravely working with her positive spirit to see that a second child has the best possible chance of better health. Our prayers are always with them. And the couple who had the desire and the courage to have a beautiful Christmas picture taken of them together, even though their precious daughter would not be in this year's photo. They are an inspiration to us all and their daughter is proud. Or the couple who is uncovering the loss of a child from many years back to face their grief and heal together today. Their sharing is honest and heartfelt and their presence is a blessing to each of us.

At our Compassionate Friends meetings, there is usually a very thin line between tears and laughter and at times they come together, precious healing tears and spontaneous laughter. The laughter is still in there! The brave among us are not always the ones in a hero's spotlight. They are often the ones for whom it's an act of courage to take the first step of the day and to pull through it until it's time to go to bed. From my vantage point looking back, I know you will come through!

As for looking ahead to the future, I don't know and I'm comfortable with that. I'll move forward a little at a time, but I will not leave my past behind. For now, I'm going on a quote that I received in an e-mail from a very precious child in my family: "Be yourself. Everyone else is taken."

*Carol Thompson*  
*Always Remembering Sarah*  
*12/22*  
*TCF, Tyler, TX*





*We need not walk alone.*

"I would do anything to have him here to make new memories but that won't happen. So I will sit by a sunny window during these cold days and warm my heart with the memories." —*Georgia Schroeder*

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## What is New About the New Year?

There is a lot of silliness about ringing in the New Year, and I have never been able to enter into the spirit with noisemakers, funny hats and loud hurrahs. Since the death of my son, I especially find myself wondering what this is all about. I think some of the partying and celebrating are motivated by a deep desire for a new start in our lives; a desire to leave behind some of the problems, sorrows, worries and pain of the year just ending. The short, sunless days and long, dark nights make us want something to cheer us. So we give the New Year's Eve party a try.

But it really doesn't work for most of us; we see now that we are just the same and the heaviness in our hearts, as we continue with the struggle to cope with the loss of our child, remains with us. Can we find new ways to live our lives in the New Year?

I'd like to suggest a few things we can try. Let's make an effort to find new friends. A good place to start this is at Compassionate Friends meetings. Here you are with a group of people who care about each other in special ways. We understand the pain and anger, the confusion and the inertia suffered by bereaved parents.

In the New Year, let's also find new ways to be close to the family that we have left. We feel regrets about hugs not given, letters not written, "I love yous" not said often enough. We can do all these things now. We can establish new memories with the family we have right now.

Another way to move into this New Year with a better feeling is to think about what we can do for others, because that is truly a way to help ourselves, too. If we can reach out to other sorrowing families, give a gift of our time, a note of love, a listening ear, or a shoulder to lean on, we'll grow stronger ourselves.

For those parents who are suffering the deep pain of the newly bereaved, none of the things I've mentioned may be possible yet. For you, I hold out the hope that soon your days will be just a bit better, your sorrow a little lighter, your tears healing, your friends strengthening and your memories filled more with the good times and less with the unhappiness of your grief.

*Dory Rooker ~ TCF, Upper Valley, VT*

## Resolutions

Every time the holiday season comes to a close, I feel as if I can hear a collective sigh of relief. This year was no different except that the sigh seemed louder and longer than in past years. Some years are like that for us. This one was certainly like that for me. No matter how difficult I thought the holidays would be to get through I was wrong. In some ways they were more difficult and in other ways, surprisingly, they were less difficult. The reality is that you and I, no matter how we anticipated the holidays, did get through them. We did survive the holidays and though it may be difficult for you to believe this now, there is no reason that this new year shouldn't be better.

Which brings me to a favorite topic for this time of year, New Year's resolutions. Resolutions that I think are most helpful are those that concern our well-being. Above all else, resolve to take better care of yourself. Try to eat right and exercise. Find ways to nurture yourself—both your body and your mind. Remember all things in moderation. Seek advice from others when you need it and above all, ask for help when you need it. You won't always get the help when you ask for it, but remember, if you don't ask for it, you surely won't get it.

Another thing you can do to have a happier new year is to become more involved in our chapter of The Compassionate Friends. If you've not come to any meetings, or if it's been a while, give it a try. Commit to attending at least three meetings. If you were to attend only one, you would not necessarily get a very good idea of what our meetings are like. Join us and make your needs known to us.

This newsletter is another way you can become more involved in our chapter. Let us know what works for you and what doesn't. Consider becoming a contributor. Tell us how we might be able to better serve your needs.

Have a happier New Year!

*Pat Akery ~ TCF, Medford, OR*





*We need not walk alone.*

“You cannot now realize that you will ever feel better, and yet this is a mistake. You are sure to be happy again. To know this, which is certainly true, will make you some less miserable now. I have experienced miserable now. I have experienced enough to know what I say.” —*Abraham Lincoln*

## Grief

It's an entity all its own,  
with its pain that's never really gone.

It has many thoughts and faces,  
but very few reality traces.

It makes you ask many a question,  
all of which you try to shun;

What-When-Where-If-Why?  
Could I have done something  
so my child wouldn't die?

These are what every parent asks;  
this part of grief is a heart wrenching task.

Hours turn to days;  
days to months; months to a year,  
this is the war you fight without gear.

You feel bare and naked and all alone,  
at times you feel like you can't go on.

You say "This happens to someone else, not me!"  
this I think every parent would agree.

But this time it really was you,  
you scream, No, No, No, but it's oh so true.

This nightmare that never seems to end,  
with these feelings you cannot pretend.

People say "Well you sure look good"  
don't they know that we would die if only we could.

Yes grief has its own way,  
while we endure it and live day to day.

*Judy Craig ~ TCF, Memphis, TN*  
*Written in memory of her son, Travis Carter*

## Stillborn

With love I conceived and I bore you,  
I dreamt of you when I was a child.

As I felt you grow I adored you,  
with your first feeble flutter I smiled.

Happily I hummed an old lullaby,  
while I readied your room and layette.

With thumps and bumps I felt you reply,  
playing percussion in a happy duet.

Each day that passed our future I planned,  
where we would go and the things we would do.

We'd takes trips to the beach and play in  
the sand, and go to the circus and visit the zoo.

Nine joyful months together we spent,  
looking ahead to all that would be.

Quickly you came, and just as quick went,  
and the two of us now is just me.

A past that has passed; a future that's gone;  
everyone's back to normal again.

While here I am, lost and alone,  
torn by thoughts of what might have been.

Memories die out like an ember,  
I struggle to hold them.

And yet it's very hard to remember,  
when you were not here to forget.

*Rachel's Cry – A Journey Through Grief*

## In Memory

A thousand times we needed you  
A thousand times we cried  
If love alone could have saved you  
You never would have died.  
A heart of gold stopped beating  
Two twinkling eyes closed to rest  
God broke our hearts to prove  
he only took the best.

Never a day goes by that you're not in our hearts and souls.  
We love you Pettie, Your family  
Happy Birthday Johnathan Lee Daniel Sanders  
1-4 ~ 9-8



# 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<sup>®</sup>

P.O. Box 9714  
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*We need not walk alone.*



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