



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 16, Issue 1

Tyler, Texas

January 2015

Monthly Group Meeting

Tyler Area Meeting

3rd Monday of Each Month
1901 Rickety Ln., Tyler

Contact

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

Chapter LeaderTina Loper
SecretaryPat Settle
Newsletter/Web SiteMary Lingle
Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: Pat Settle, Sam Smith, David & Teresa Terrell, Carol Johnson, Mary Lingle, Lisa Schoonover, Cheri Zucca, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, Margaret Hall, Robin Mitchell, Jancy Lovelace, Stuart Gilpin, MaryAnn Girard, Trisha Mann Taylor

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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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

To sponsor a Butterfly Release Sign with your child's name on it there will be a one-time fee of \$60 per sign. If you want the sign with your child's name placed at a particular business or location, written permission must be obtained by you from that business and sent to the TCF office to keep on file. The sign will be placed at that location about a month prior to the release and taken down the week after by a representative of TCF and remain the property of TCF Tyler to reuse yearly.

Make checks payable to Tyler TCF and in the memo location please note who the sign(s) is for.

The Compassionate Friend's of Tyler
Butterfly Release



Release a butterfly for all children who have died.

3rd Saturday in May

www.TylerTCF.org • 903-258-2547

In Loving Memory of
STEPHANIE SETTLE

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.

“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*

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.”

Grief Resources

Note: Some resources are based on individual opinion and experience and are not officially endorsed by the organization. The hope is that you may find a grief resource helpful to you and your family. We will continue to build on our resources column. Please let us know of any of your personal recommendations. Thank you.

Compassionate Friends (International Website) compassionatefriends.org
Also offers grief support for **siblings & grandparents**

Children Are A Gift Foundation: www.childrenareagift.com

GriefShare: www.griefshare.org

MADD East Texas (Mothers Against Drunk Driving)
www.madd.org/local-offices/tx/east-texas

Smith County Victim Services Division
www.tdcj.state.tx.us/divisions/vs/counties/smith.html

The Hospice of East Texas: www.hospiceofeasttexas.org

Victim Services Division - Texas Department of Criminal Justice - Online Resource Directory
www.tdcj.state.tx.us/divisions/vs

Survivors of Suicide: www.allianceofhope.org

Samaritan Counseling of Tyler: www.scctyler.org

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

Angel Layettes brings comfort to families grieving over the loss of an infant from miscarriage, stillbirth or death shortly after birth, and honor and dignity to the memory of the precious baby. Angel Layettes provides without charge custom designed burial layettes and keepsakes.
www.angellayettes.org • 903-534-5212

University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

The Cope Foundation: www.copefoundation.org

Grief Camps for Kids: www.moyerfoundation.org/programs

WINGS was established through Hospice of East Texas in 1993 to help children navigate the grieving process. WINGS, “a comprehensive bereavement program that provides both emotional support and grief education,” offers a camp (Camp G – grieve, grow and go forward) twice a year. For more information or to register for a grief support program, contact the Hospice of East Texas Bereavement Department at 903-266-3400 (Extension 127) or call 1-800-777-9860.



Butterfly Release Sign Sponsors

Don & Leslie Dixon for Austin
Jim & Cheri Zucca for Leah
Tina Loper for Christopher
Danny & Pat Settle for Steph
Sam Smith for Stacey
Margie & Victor Newman for Jeremy
Charlotte Nelson for Wade
Melissa Love for Payton
Carol Thompson for Sarah

Lana Kaye Taylor for Renee Seale
Marlena Howerton for Alyssa
Lee & Barbara Barton for Lindsey
Carol Johnson for Jared
Mary Delaney for Ryan
Linda Porter for Seth
Lisa Schoonover for Jake
Trish Taylor for Alex Conway

Candle Light Sign Sponsors

David & Teresa Terrell for Andy





We need not walk alone.

"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

Love Gifts



Thanks to the following people who make a MONTHLY LOVE GIFT to TCF of Tyler:

(For monthly donors we will post photos of your children on their Birthday and Anniversary dates.)

Victor & Margie Newman in memory of Jeremy - rent

Merri Walsh in memory of Chris O'Leary - rent

Martha Lewis in memory of Burke - rent

Carol Thompson in memory of Sarah - rent

Carol & Shane Johnson in memory of Jared Sheets - rent

Danny & Pat Settle in memory of Stephanie - rent

Claudette Brown in memory of Terry Wayne - rent

Sue Roberts in memory of Jake Schoonover - rent

Dale & Phyllis Cavazos in memory of Chad - newsletter

Tina, Johnathan & Heather Loper
in memory of Christopher - TCF Phone

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

See more love gifts on page 6.



Thanks for Making Our Candle Lighting A Success

Crossroads Community Church

Sam Smith Butterfly Ministries

Brosang's Flowers in memory of Adrian Hampton

Cynthia & Juan Moa

Dan Johnson

NBC 56

Tyler Paper

Champions for Children

Patty McLeroy

Group M7

Businesses that displayed signs:

Davis Green Auto Body

Bob Caves AC & Heat

Glen Duncan of Apex Appraisals

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.

Announcements

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 1901 Rickety Lane in Tyler. For more information, please call 903-258-2547.

Steering Committee Meeting: If you are interested in participating in our chapter by serving on the steering committee, please plan to attend a steering committee meeting. Anyone who would like to become more involved in TCF and serve on the steering committee is welcome to come! For more information about our next meeting, call 903-258-2547.

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 Carol King at carol.king@madd.org.

Looking forward: Dallas will host the Compassionate Friends National Conference in 2015. Our regional coordinators, Joan and Bill Campbell, are looking for volunteers who would like to help with this event. You can contact Joan and Bill at 972-935-0673 to let them know of your interest in participating. They are planning a great two-day conference and welcome help from all Texas chapters. This is a great opportunity to help others who are grieving and grow through your own grief as well! You can check the national Compassionate Friends website www.compassionatefriends.org for conference event planning details.

News from National: Compassionate Friends National offers webinars for the public on grief related topics. Upcoming public webinars will include Death of a Child By Suicide, Pregnancy and Infant Loss, The Death of a Special Needs Child and How Can I Help When A Child Dies? Check out www.compassionatefriends.org for dates and times.

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. Thanks to Teresa and David Terrell for donating their talent and time on these beautiful quilts which are displayed in our meeting room and special events.





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*

January Birthdays



Joshua Paul Renaud



Sarah Thompson



Carolyn Love



Hailey Rose Martin



Cameron Robinson



Alexander Johnson



Michael Rucker



Amber Glasco



Erika Stafford



Callie Ann Graul



Benjamin Gilpin



Jocelyn McCormick



Jonathan Sanders



Brooke Wallace



Travis Carpenter



Matthew Skinner



Jacob Mikel Burrell



Tripp Barton



John Kluepper



Kimberly Pryor



Kelynn J'Davion Pinson



Daron Adam Lee



Janet Florey



Paul Ragsdale



Tyler Roberts



James E. Abbie, Jr.



Amanda Michelle Valadez



Andy Hall



Daryn Keith Selman



Leo Cook



Chad Everett Guill



Dylan Prichard



Martha Allen Fields



Patrick Pinkerton



Glenn Ray Hawkins



Derek Miller





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 Birthdays Cont.



Aubreigh Yates



John Miller



Kelbi Mathis

Thank you for your generous donations to TCF of Tyler. These ‘love gifts’ allow us to provide our local chapter with special events, the TCF Newsletter, our website and more!

January Anniversaries



Brittany Butler



Ashley McCaa



Bonnie Lee Benson



Jason Brown



Taylor Davis



Jana Lauren Shearer



Dylan Corey



Michelle “Missy” Green



David LaTrell Milton



Makenzie Shyanne Morehead



Benjamin Gilpin



Lauren Campbell



Michael R. Peymon



Brennen Applegate



Blake Alexander King



Haylee Lee



Danielle Celeste Yura



Logan Alexander



Daron Adam Lee



Christopher Baggett



Charles “Bryan” Meadows



Mary Adams



Susie Gorman



Betsi Marie Wyatt

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





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 Anniversaries Cont.



Rusty Welch



Jeremy Newman



Clayton Norton



Gaaron Hicks



Shellae Vicknair



Loren Saunders



Eric Branch



Brytnie Leah Stithem



Derek Nolan Simoneaux



Haven Grace Davis



Travis Carpenter



Ryan Glasco



Jonathan Russell Eubank



Hailey Rose Martin



Caleb Cecil Luther



Callie Ann Graul



Connie Allred



Samuel Cade Castleberry



Erin Evans



Aubreigh Yates

Hope Shines Bright Deep In The Heart

Dallas will host the 38th Compassionate Friends National Conference in Dallas July 10-12, 2015. Our regional coordinators, Joan and Bill Campbell, are looking for volunteers who would like to help with this event. You can contact Joan and Bill at 972-935-0673 to let them know of your interest in participating. They are planning a great two day conference and welcome help from all Texas chapters. This is a great opportunity to help others who are grieving and grow through your own grief as well! You can check the national Compassionate Friends website www.compassionatefriends.org for conference event planning details.

Thanks to these families for supporting TCF of Tyler with their love gifts.

**In loving memory of
Ava Knight
by Robert &
Janice Moch**



**In loving memory of
Lindsay Barton
by Barbara &
Lee Barton**



**In loving memory of
T.J. Anderson
by Mona Anderson**



**In loving memory of
Jared Sheets
by Jim & Linda
Crawford**





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*

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.

Stephanie Settle

**In loving memory
of Steph.**

**Danny, Pat &
Stephen Settle**



**This month's printing of our newsletter sponsored by Danny, Pat & Stephen.
Call (903) 258-2547 to sponsor a monthly newsletter.**





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

Jeremy Newman

**In loving memory
of Jeremy.**

**Margie & Victor
Newman**



**This month's printing of our newsletter sponsored by Margie & Victor Newman.
Call (903) 258-2547 to sponsor a monthly newsletter.**

Sarah Thompson

**In loving memory
of Sarah.**

Carol Thompson



**This month's printing of our newsletter sponsored by Carol Thompson.
Call (903) 258-2547 to sponsor a monthly newsletter.**





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.*

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.

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*





We need not walk alone.

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

“10-12-13”

At some point in my life I guess I took it for granted
I mistakenly assumed it would always be there.
Then one day nearly eight years ago, part of it went missing
I'm still searching, I can't find it anywhere.

I remember what it feels like to have it.
It used to be small enough to hold in my hands.
We raised it with love and watched it grow
Two beautiful young boys had each become a man.

I can recall several moments of unbridled joy.
I remember little things that made us happy back then.
I would have cherished those moments more at that time
Had I known that they would never be the same again.

For several years happiness didn't seem to exist at all
I wondered if it would ever come back—and when.
When it began to return, it felt like a passing shadow
A fleeting glimpse of something I thought I'd never see again.

I know the time and the place when it will finally be here
When all of our emotions will once again be complete.
A taste of happiness that on one hand will be absolute
On the other hand, it will also be sadly bittersweet.

We were blessed with two children, one is no longer here.
Our glass remains half full, but a wonderful day is near.
Happiness will make its long-awaited return
At the wedding of our son, in October of this year.

*Tom Murphy
Greater Cincinnati TCF, East Chapter, OH
For Jarred, in memory of Brennan Murphy*

Leave The Singing to Another Day

A child brings to earth
contentment in soft sweet sight,
life's full future sealed.
With the child comes the joy.
With the child goes the joy.

Too much I feel now
and know, looking back over
my shoulder the years.
I assure friends the pain grows
softer and now I believe.

*December 23, 2014
Carol Thompson, TCF Tyler, TX
Always Remembering Sarah*

Benchmarks

Good bye would be too difficult,
Although I know you are gone.
Instead, I keep you in my heart
And your memory lives on.
I have redefined my purpose, son,
Since you are no longer here.
With your death I faced a choice
To die, exist or to live free.
My life has changed forever, child,
I'm redefined each week,
You would call these "benchmarks"
Of goals set and then achieved.
And so I set my benchmarks,
Achieving many, reshaping some...
But everything is different now
Except your mother's love.

*Annette Mennen Baldwin
TCF Katy, TX
In Memory of my son, Todd Mennen*

I'd go with you if I could
Though I'm time worn
And spent with sorrow
I'd go with u if I could
And when you'd look at me with love
I'd shed my dress of despair
And blossom

Irish Poem

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



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)

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

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



www.TylerTCF.org

Thanks to Skillern's Business Systems for printing our newsletter!

Skillern's Business Systems
1604 Grande Blvd., Tyler, TX 75703
(903) 561-5591 • www.skillerns.com

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