



**Monthly Group Meeting**

Tuesday, July 17, 6:30 p.m.  
707 W. Houston St., Tyler, Texas

**Contact**

Phone: (903) 258-2547  
Web Site: [www.TylerTCF.org](http://www.TylerTCF.org)  
E-mail: [info@TylerTCF.org](mailto:info@TylerTCF.org)  
Mailing Address:  
P.O. Box 9714 • Tyler, TX 75711

Chapter Leader .....Tina Loper  
Chapter Co-Leader.....Pat Settle  
Newsletter/Web Site .....Mary Lingle  
Steering Committee: Tina Loper,  
Pat Settle, Sam Smith, Sherri Tutt  
Margie Newman, Mary Lingle

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

TCF National Organization  
Toll Free: (877) 969-0010  
[www.compassionatefriends.org](http://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  
Newly Bereaved...Burden of Grief .....2  
Vacations .....2  
Love Gifts/Announcements .....3  
Your Compassionate Friend .....3  
Birthdays .....4  
Support from Family and Friends.....4  
STANDING .....4  
Anniversaries .....5  
After Suicide .....6

**Why We Still Go to TCF**

“Are you still involved with that group? Aren't you over it yet? Why do you go?”

These are questions I often hear now that it has been more than seven years since Mark died. I suspect you hear them too. There are easy answers. But not everyone understands, unless you have been there. Here are ten I can think of:

1. Because we never want the world to forget our child, so what we do we do in his or her name.
2. Because when we reach out to help someone else, we also help ourselves.
3. Because someone was there for us when we needed it most; now the best way to say “thank you” is to pass it on by being there for others.
4. Because it is the one thing we do that can bring something positive out of tragedy.
5. Because we have found in TCF better friends and closer bonds than we ever thought possible. Here we can cry and hug people even if we don't know their last name or what they do for a living. And it doesn't matter.
6. Because few people are qualified to walk up to a newly bereaved family and say, “I know how you feel.” And because we can, we must.
7. Because sometimes we need to talk, too, and to remember and share. We are further along than many around us, but we never forget.
8. Because many of us believe that one day we will meet our child or brother or sister again, and he or she will ask, “So what did you do with your life after I left?” And we will have an answer.
9. Because our presence might help newly bereaved families understand that they will survive and even laugh again.
10. Because we love cold coffee, cookies and hard metal chairs.

*Richard Edler ~ TCF, South Bay/LA, CA*

There is a sacredness in tears.  
They are not the mark of weakness, but of power.  
They speak more eloquently than 10,000 tongues.  
They are the messengers of overwhelming grief,  
of deep contrition and of unspeakable love.

—Washington Irving

**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.*

“My tears are not a sign of weakness or a lack of hope or faith. They are symbols of the depth of my loss and, I am told, a sign that I am recovering.” —*Marcia 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 (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.”

## Newly Bereaved . . . Burden of Grief

As I struggle with words to find answers  
Reading and writing my pain  
The pages grow blurred before eyes that are tired  
From this crushing emotional drain.  
The relief that comes from the writing  
Parallels what I feel when I read—  
To open myself to the torture of loss  
Seems to soothe this unbearable need.  
There's no pleasure in life at this moment  
It's an effort to get through the day  
And I labor to stay above water...  
But the shoreline is so far away.  
So I pick up a pen or a book about grief  
And it serves as a raft for a while.  
And I hope, as my tears fall on pages of pain  
That I'll learn once again how to smile.  
As I swim toward the shore of acceptance  
I pray for the peace of belief  
That heaven's your home and you're waiting for me  
Then I'll finally be free of this grief.

*Sally Migliaccio ~ TCF Babylon, NY  
From Tracey, An Extraordinary Child*

## Vacations

Vacation time can be painful for bereaved parents. Caught up with normal demands of making a living or keeping a household going, we have less time to think than we do on vacations, especially the “take it easy” kind-at a hideaway, tucked away somewhere.

In the summers following Tricia's death, I found vacations could bring a special kind of pain. We avoided going to places where we had vacationed with her. At one time, I thought Williamsburg might be off my list forever since we had a very happy time together there. I tried it one summer three years later and found that she walked the cobbled streets with me. Now that nine years have passed and the pain has eased, maybe the happy memories we shared in Williamsburg can heighten the pleasure of another visit there.

For the first few years after Tricia's death, we found fast-paced vacations at places we had never been before, to be the best. The stimulation of new experiences in new places with new people refreshed us and sent us home more ready to pick up our grief work. That is not to say when we did something or saw something that Tricia would have enjoyed, we didn't mention her. We did, but it seemed less painful than at home.

One caution: Do allow enough time for sleep; otherwise, an exhausted body can depress you.

We've said it many times: YOU HAVE TO FIND YOUR OWN WAY, YOUR OWN PEACE. Let vacation time be another try at that; but do give yourself a break in choosing the time and locale where that can best be accomplished. Don't be afraid of change-it can help with your re-evaluation of life.

*Elizabeth Estes ~ TCF, Augusta, GA*



*We need not walk alone.*

"Tearless grief bleeds inwardly."  
—Christian Nevell Bovee

## Love Gifts



Claudette Brown in memory of Terry Brown

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

College-Bound Solutions for allowing TCF of Tyler  
to use their facilities as our meeting place -  
in memory of Nathaniel Peter Bolom



## 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 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.

## TCF of Tyler Memorial Quilt

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

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



## Announcements

**Our Annual Candlelighting Ceremony** will be held on December 9th.

**VOLUNTEERS NEEDED!** We welcome your help with meetings, special events, the newsletter and fundraising. The Compassionate Friends of Tyler relies solely on the volunteerism of our parents. If you are ready to make a difference and help others who have joined us in this walk of grief, please contact us at (903) 258-2547. Giving back is another way to help with healing.

**If you would like a phone friend**, please call Margie Newman at (903) 561-1447 or Mary Lingle at (903) 581-4566.

## Your Compassionate Friend

I can tell by that look friend, that you need to talk,  
So come take my hand and let's go for a walk.  
See, I'm not like the others—I won't shy away,  
Because I want to hear what you've got to say.  
Your child has died and you need to be heard,  
But they don't want to hear a single word.  
They tell you your child's "with God," so be strong.  
They say all the "right" things that somehow seem wrong.

They're just hurting for you and trying to say,  
They'd give anything to help take your pain away.  
But they're struggling with feelings they can't understand  
So forgive them for not offering a helping hand.

I'll walk in your shoes for more than a mile.  
I'll wait while you cry and be glad if you smile.  
I won't criticize you or judge you or scorn,  
I'll just stay and listen 'til your night turns to morn.

Yes, the journey is hard and unbearably long,  
And I know that you think that you're not quite that strong.  
So just take my hand 'cause I've got time to spare,  
And I know how it hurts, friend, for I have been there.

See, I owe a debt you can help me repay,  
For not long ago, I was helped the same way.  
As I stumbled and fell thru a world so unreal,  
So believe when I say that I know how you feel.

I don't look for praise or financial gain,  
And I'm sure not the kind who gets joy out of pain.  
I'm just a strong shoulder who'll be here 'til the end—  
I'll be your Compassionate Friend.

*Steven L. Channing ~ TCF, Winnipeg, Canada*

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





*We need not walk alone.*

"In the art of losing we can choose who we will be. We break, but we break open so that we can include more of life, more of love. We get bigger in order to carry with us what we choose to continue loving." —*Deborah Morris Coryell*

### July Birthdays



**John Wallace**  
7-1-80 ~ 2-2-99  
Son of Barbara Wallace



**Robert Lynn McMahan**  
7-18-72 ~ 3-6-92  
Son of Dana Wright



**Ryan Delaney**  
7-10-80 ~ 7-20-03  
Son of Mary Delaney



**Terry Wayne Brown**  
7-13-69 ~ 5-27-03  
Son of Claudette Brown



**Andrew Moreno**  
7-25-05 ~ 7-29-05  
Grandson of Tawna Andrews



**Madeline Joy Kearney**  
07-15-86 ~ 10-06-05  
Daughter of  
Melody Burnett Kearney



**Kyle Beck**  
7-21-89 ~ 6-23-05  
Son of Angela Yates



**Lindsey Peyton Goen**  
7-2-02 ~ 12-18-03  
Daughter of Robin & Joe Goen



**Shiloh Paisleigh Gray**  
7-28-06 ~ 07-28-06  
Daughter of  
Jody & Elizabeth Gray



**Jaime Arellano, Jr.**  
7-31-92 ~ 8-27-05  
Son of Marie Arellano

### Support from Family and Friends

There are many things that a newly bereaved person needs during the first few weeks. One of the most important is support from their family and friends, who should be there to let them talk and to really listen, to give hugs, and to help with any chores the bereaved are not able to accomplish yet. It's hard for them to even think ahead to what should be done—washing clothes, cleaning, even answering the telephone may seem impossible. Many families have found it hard to go shopping for just basic groceries. They need someone to lend some thoughtful ideas and maybe see to some of these tasks a few times until their numbness has lightened a little.

Family and friends need to realize that the person who is grieving may never be the same. They will always be without their loved one and their lives will never be the same as before the death.

Since my daughter Teresa died I too have changed a lot; I have many new friends; I do things I'd have never done before, such as becoming a chapter leader, a newsletter editor and just recently writing articles on grief in these newspapers. I have more compassion towards others than before, and my interests are so very different now. If there were gifts resulting from a death, I'd say I have received many. Some people may think what I do is depressing. I feel it is helping others and at the same time helping me with my own healing.

*Jackie Wesley ~ TCF, East Central Indiana and Miami-Whitewater Chapters*

### STANDING

People say  
"Oh you are doing so well,  
you are so strong,  
you are an inspiration!"

We do not feel strong.  
We feel shaken to the core,  
Saddened beyond belief,  
Pain beyond comprehension,  
Forever changed.

*What do they see that we can not see?*

"That a horrible storm,  
unexpectedly ripped through  
our lives and we are  
still standing"

They are amazed  
We are paralyzed  
Still Standing

*In Loving Memory of Kyra  
Julie Short ~ TCF, Southeastern IL*



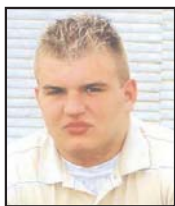
*We need not walk alone.*

"We have a new sense of priorities. We don't 'sweat the small stuff.' We know what matters because we know what is irreplaceable. And we know how deeply other people hurt because we, too, have been there. We 'know how they feel.'"  
—Richard Edler

### July Anniversaries



**Jamie Allen**  
5-24-75 ~ 7-8-01  
Son of Cindy Allen



**Caleb Scott Jones**  
2-27-86 ~ 7-24-03  
Son of LeeAnn Colwell



**Lance Alan Massey**  
05-16-80 ~ 07-16-05  
Son of Cindy Massey



**Shanna Marie Redmond**  
05-05-85 ~ 7-30-94  
Daughter of Patricia Miller



**Brian Christopher Harris**  
6-8-72 ~ 7-29-99  
Son of Jolyn & Richard Harris



**Ryan Delaney**  
7-10-80 ~ 7-20-03  
Son of Mary Delaney



**Kathy Jo Tumminello**  
03-19-59 ~ 07-20-04  
Sister of Susie Gorman



**George Washington Shaw III**  
10-18-78 ~ 7-3-05  
Son of Bobbie Williams



**Renee Seale**  
12-21-63 ~ 7-13-90  
Daughter of Lana Kaye Taylor



**Brian St. Clair**  
4-24-60 ~ 7-26-97  
Son of Janet St. Clair



**Walter Dale (Skipper)**  
02-23-68 ~ 07-02-85  
Son of Lucy Winningham



**Matt Mears**  
6-7-83 ~ 7-16-06  
Son of Norma & Kerry Mears  
Wife of Ashley Mears



**Lisa Marie Tutt**  
3-20-87 ~ 7-30-04  
Daughter of Steve & Sherri Tutt



**Brian David Stewart**  
5-16-56 ~ 7-8-56  
Son of Melton & Joyce Stewart



**Adam Grabill**  
3-6-74 ~ 7-23-83  
Son of Beth Jones



**Shiloh Paisleigh Gray**  
7-28-06 ~ 07-28-06  
Daughter of  
Jody & Elizabeth Gray



**Andrew Moreno**  
7-25-05 ~ 7-29-05  
Grandson of Tawna Andrews



**Allison Carson**  
10-29-92 ~ 7-5-93  
Granddaughter of  
Phil & Ann Brown



**Chasen Shirley**  
2-13-82 ~ 7-3-06  
Son of Debbie Shirley



**Ben Smith**  
3-1-88 ~ 7-21-06  
Son of Charisse Smith  
Sister of Miranda Smith





*We need not walk alone.*

“Grief. The pain now is part of the happiness then. That’s the deal.” —C.S. Lewis

---

## After Suicide

Denial and feelings of shock, guilt, anger, and depression are often a normal part of grief reactions, but are especially heightened when a child has died by suicide. Though difficult to accept, it is not unusual to experience feelings of relief if the relationship with the child was stressful or destructive to the family unit.

The suicide of one’s child raises painful questions, doubts, and fears. The knowledge that your love was not enough to save your child and the fear that others will judge you to be an unfit parent may raise powerful feelings of failure. Realize that as a parent you gave your child what makes us human—the positives and the negatives—and what your child did with that information was primarily your child’s decision.

It isn’t uncommon for newly bereaved parents to express thoughts of suicide, regardless of how their child has died. Remember that suicide is not inherited. Be patient with yourself and your family, and seek professional help and family counseling if necessary.

The stigma often associated with suicide is the result of cultural and religious interpretations of an earlier day. You will find it difficult to progress in your bereavement unless you confront the word suicide, difficult as it may be.

Keeping the cause of death a secret will deprive you of the joy of speaking about your child and may isolate you from family and friends who want to support you. Rather than focusing on the stigma surrounding suicide, concentrate on your own healing and survival.

**Anger:** You may feel anger. It may be directed at your child, those you believe failed to help your child, God, those who try to help you, or just the world in general. You may be angry with yourself because you were unable to save your child. It’s okay to express anger, a common emotion when a child has died by suicide. Sometimes healing cannot begin until this anger is confronted and expressed. However, a healthy expression of anger does not include hurting yourself or others.

**Guilt:** Feelings of guilt following a child’s suicide are normal—for parents and family, friends, classmates, and even coworkers. “If only” is a phrase you may find yourself repeating frequently. You may need to feel guilty for a while until you begin to understand that you are not ultimately responsible for the decisions and actions of another human being, including your child. Sometimes you need to go through a feeling to get beyond it. Believe in yourself. You are human—accept your limitations.

**Questioning:** Some parents feel a need to ask “why?” Often, of course, there are no clear answers, which often proves highly frustrating for parents and other family members. After some time you may reach a point where you begin to realize that there are some questions about the death of your child that will never be answered.

**Depression:** Lack of energy, sleep problems, inability to concentrate, not wanting to talk with others, and the feeling there is nothing to live for are all normal reactions in bereavement. Situational depression, as opposed to clinical depression, should eventually wear off. You can fight this type of depression with moderate physical activity, plenty of rest, and a good diet. Allow family and friends to take care of you. You don’t have to be strong. Maintain contact with persons you value. Talking with others who have been through a similar situation may help you to cope. You may even learn from them that it is okay to laugh and smile, even though this seems impossible now. If the depression does not appear to lessen over time, you may want to talk with a qualified professional who can determine how best to help you.

**Disillusionment:** Often parents find themselves in a spiritual crisis and question their beliefs or feel betrayed by God. Religious concerns about the hereafter also surface. “Why did God let this happen?” is a question we can no more answer than all other questions about imperfections in this world. Talking about spiritual and philosophical questions with other parents who have experienced a suicide may be helpful. For those with concerns of a spiritual nature, do try to find a gentle, nonjudgmental member of your faith and open yourself to that person.

**Coping Constructively:** As a family, talk about the death with one another; discuss your loss and your pain. Talk about the good times you remember, as well as those times that were not so good. All family members will be grieving in their own manner—don’t criticize because of these differences. Remember that it is better to express feelings than to internalize them and that crying is healthy and therapeutic.

You may find it helpful to write out your feelings or to write a letter to your dead child, expressing all the things you were not able to say before the death. For many, this is a good way to say good-bye.

Allow friends to help. When they ask what they can do for you, don’t be afraid to tell them of your needs and what will help you. It will also help them.

Consider becoming involved with a self-help bereavement group such as The Compassionate Friends. Through sharing with others who have walked the same path, you may gain some understanding of your reactions and learn ways to cope. Seek professional help and family counseling if necessary.

Give yourself time, time, and more time. It takes months, even years, to open your heart and mind to healing. Choose to survive and then be patient with yourself. In time, your grief will soften as you begin to heal, and you will feel like investing in life again.

*From The Compassionate Friends national Web site*



# 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: \_\_\_\_\_

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](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 \_\_\_\_\_

The continuation of this chapter's work depends on donations. If you have not taken the opportunity to give a donation in memory of your child please consider taking this time to give a gift that will help reach out to other newly bereaved parents.

We must have your written permission on file to use your child's name and/or picture in the newsletter, Web site, Candle Lighting Ceremony or any other TCF event. Permission may be withdrawn at any time by written request. This information is used to maintain our Chapter Database. It is confidential and is only utilized for Chapter activities such as the newsletter.

\_\_\_\_\_  
(Signature) Date: \_\_\_\_\_

Please return completed form to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, TX 75711



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



# THE COMPASSIONATE FRIENDS

P.O. Box 9714  
Tyler, Texas 75711



*We need not walk alone.*



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