



**Monthly Group Meeting**

**Tyler Area Meeting**

Tuesday, June 15, 6:30 p.m.  
707 W. Houston St., Tyler

**Athens Area Meeting**

198 & Manning St., Gun Barrel City  
Tuesday, July 1, 6:30 p.m.

**Contact**

Phone: (903) 258-2547

www.TylerTCF.org • info@TylerTCF.org  
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,  
Mary Ann Girard, Carol Johnson,  
Carol Thompson, Patricia Miller,  
David & Teresa Terrell,  
Charisse Smith, Mary Lingle

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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**Daffodil Time**

Sometimes in our grief we become workaholics. We rush, rush, and rush, never stopping to "smell the roses." We are afraid that if we stop, or even slow down just a little, all those memories and thoughts of our dead child will come flying back, and we'll drop down to that black hole of grief again-so we don't stop or even slow down a little.

When I was in the fifth grade we had to memorize some poetry. I still remember lines from the poem:

Daffodils

When oft upon my couch I lie,  
in vacant or in pensive mood,  
They flash upon that inward eye,  
Which is the bliss of solitude.

For a couple of years after my daughter's death I could not, I would not allow myself to get into a vacant or pensive mood, because it wasn't daffodils that flashed upon my inward eye, it was always my daughter who was there-and there was no bliss.

Things change. Time helped to heal the raw open wound. Now, after four years, I can allow myself to have those vacant or pensive moods, and I can see the daffodils along with my daughter. My bliss is bittersweet, sometimes more bitter than sweet, usually more sweet than bitter, but it is bliss as those memories flash upon my inward eye. I have accepted that which cannot be changed. I do NOT like it; I have accepted that she is dead.

As I lie there, in vacant or in pensive mood, I am careful that those memories that I allow to flash upon my inward eye are the happy ones, not the sad or unhappy ones. They are more like roses than daffodils, though. They do have thorns that hide just below the beauty. But I can do it now. I can take time to "smell the roses." And so can you. Try it. In small doses at first, then larger ones. You owe it to yourself -and to your family -and to your child.

*Tom Crouthamel ~ TCF, Sarasota, FL -Reprinted from the Nashville April 2007 Newsletter*

Of course there are things we regret. Things we wish we'd done differently. Even where there has been time to say all the appropriate things, images will flash in our minds that we'd give a lot to be able to change. Surely our loved one has forgiven us. Can we forgive ourselves?

I'm sorry. Please know that I loved you. I know that you loved me.

Daily message from *Healing After Loss* by Martha Whitmore Hickman

**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.*

"Romance fails us and so do friendships, but the relationship of parent and child, less noisy than all others, remains indelible and indestructible, the strongest relationship on earth." —*Theodore Belk (1888-1969)*

## 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.”

## To Cope and to Move Forward

As a newly bereaved parent, I had a need to tell my story, to talk about my son, Tom, and to describe my grief journey over and over again, to anyone who would listen. I was fortunate at that time to have people in my life who were willing to listen to me. However, I also found myself sometimes opening up to perfect strangers. For whatever reason, there were times when I could not contain myself, almost as if I had to prove to the whole world that Tom existed. Sometimes those conversations would lead to a story about Christopher, my twin son who died at three days old, three years before Tom died, and to the two miscarriages I experienced.

I learned through The Compassionate Friends meetings that not everyone feels comfortable in talking about their situations. Some bereaved parents are concerned about stopping conversations or about making others feel awkward if they share their story about their child who died, and I suppose there is that risk. However, what I found was that if I took the initiative and talked about my child and my situation, then it somehow gave others permission to talk about Tom, too, and that was comforting to me. It also seemed to increase the awareness and the understanding of those around me as to what I was experiencing as a bereaved parent.

This July will mark the tenth anniversary of Tom’s death. I recognize now that I don’t have that same urgent need to tell my story as I did in the early years. However, there are occasions when I am in social situations with unfamiliar people when the conversation turns to children, including the “How many?” and “How old?” questions, and just like in the early years, I cannot contain myself. I find myself opening up about Tom and Christopher and my journey since their deaths. Sometimes when I hear myself describe that part of my life, I wonder how I ever survived. However, what I have primarily discovered is that more people welcome my story and my openness than are offended by it. I have learned that by sharing that part of my life, others in turn begin to share their pain and their hardships, or arrive at a better understanding about someone they know who is suffering because of the loss of a child or a sibling. It has become obvious to me that hardly anyone goes through life unscathed, and that for most people, life is not fair. However, by sharing our burdens, we do learn to cope and to move forward.

*Carmen, Chapter Leader ~ TCF, North Shore, Boston, MA*

**This month’s printing of our newsletter sponsored by Patricia Miller.**

**Shanna Marie Redmond  
5 May 1985 ~ 30 July 1994**

**In memory of my baby girl.  
It will soon be 14 years since I  
held you in my arms, but I will  
always hold you in my heart.**

**I love and miss you.  
Mommy**



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



*We need not walk alone.*

“Regret is an appalling waste of energy. You can't build on it. It is only for wallowing in.” —*Katherine Mansfield*

### Love Gifts



Kerry & Cheryl Anderson in memory of Daniel

Janet St. Clair in memory of Brian

Brenda Pope in memory of Christopher

Doyle & Sherry Smith in memory of Scottie Baker

Tim Minatrea in memory of Tosha

Onie Gorman in memory of Susie

Cece & Daniel Brotton in memory of Missy Rogers

Patricia Miller in memory of Shanna Redmond -  
July newsletter sponsor

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

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

### 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.**

### 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 5th day 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.

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

### Announcements

**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 in 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 carpool to the meeting, call Pat at (903) 570-8412 or the TCF cellphone at (903) 258-2547.

**Casey Rivers Benefit Concert!** We are finalizing details on this fundraising benefit! Be sure to check our newsletter and website for details. If you know someone who would like to help sponsor the concert, please contact us!

**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.

**Email Addresses:** If we do not have your email address or it has changed, please email it to Tina or Pat so that we may email you announcements and updates about TCF of Tyler. Tina's email: [butterfly6@nctv.com](mailto:butterfly6@nctv.com) ~ Pat's email: [pdsettle@wmconnect.com](mailto:pdsettle@wmconnect.com)

**Our Annual Candle Lighting Ceremony is Dec. 14, 2008.** Watch future newsletters for more information.

**Bonfire September 27, 2008:** We will have a bonfire at Carol Johnson's home in September. More details to come.

**Sponsor a Newsletter!** If you would like to sponsor a monthly newsletter by contributing funds, or by copying at your business or organization, please call (903) 258-2547. Businesses, church groups, organizations or individuals are welcome. We will highlight your sponsorship with an ad or photo and text.

**The Compassionate Friends 31st National Conference** will be held July 18-20, 2008 in Nashville, TN. Visit the national website at [www.thecompassionatefriends.org](http://www.thecompassionatefriends.org) for details.

### “Grief”

Grief is not a mere word, but a journey through the pathways of our heart. To where our journey leads us is never certain, but is painful just the same. Grief should not be measured by pain, but also by love. To love is to hurt, to hurt is to heal, to heal is to accept. No grief is ever the same. Please, be kind to yourself.

*Susie C. ~ TCF, Gwinnet County Chapter, in memory of her son Jasper B., Autumn 2007*

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*





*We need not walk alone.*

"With each piece, the bereaved, through trial and error, find where each piece belongs or even if it belongs at all. This process is different for every person and does not adhere to any kind of timeline. This (what feels like endless) thinking is the work that grief demands—it is the creation of a new picture of your life—created one piece at a time." —Stephanie Elson

### 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



**Cameron Weatherley**  
7-3-78 ~ 9-25-07  
Son of Ike & Dianna Weatherley



**James Wilkinson**  
7-6-67 ~ 3-9-06  
Son of Bill & Betty Wilkinson



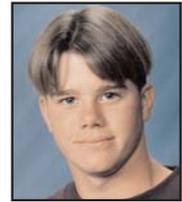
**Ryan Delaney**  
7-10-80 ~ 7-20-03  
Son of Mary Delaney



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



**Melissa Elaine Majors**  
7-14-80 ~ 5-8-08  
Daughter of Janet Majors



**James Fincke**  
12-25-99 ~ 7-15-80  
Son of Sara Fincke



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



**Madeline Joy Kearney**  
7-15-86 ~ 10-6-05  
Daughter of  
Melody Burnett Kearney



**Josh Chambers**  
7-20-73 ~ 2-18-07  
Son of Joan Curtis



**Laura Wilkinson**  
7-16-90 ~ 3-7-08  
Daughter of  
Peggy Cunningham



**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



**Morgan Finley Lambeth**  
7-29-06 ~ 7-29-06  
Daughter of  
John & Nicole Lambeth



**Rowdy Cunningham**  
8-10-02 ~ 3-7-08  
Son of  
Peggy Cunningham



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



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



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

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



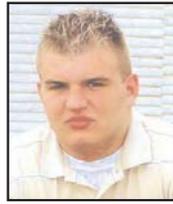
*We need not walk alone.*

"It was your child who died. This is your pain, and you have the right to feel it and deal with it in your own way—and may a bit more healing take place in the doing." —Peggy G.

### 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**  
5-16-80 ~ 7-16-05  
Son of Cindy Massey



**Shanna Marie Redmond**  
5-5-85 ~ 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**  
3-19-59 ~ 7-20-04  
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)**  
2-23-68 ~ 7-2-85  
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



**Morgan Finley Lambeth**  
7-29-06 ~ 7-29-06  
Daughter of  
John & Nicole Lambeth



**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



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



**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 is lonely because it threatens other happier people and isolates individuals. If someone listens and shares tears with another, it is still lonely. But not as much.” —Anne Morrow Lindberg

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## Surviving Children: the ‘Silent Grievers’

Our surviving children are often called the ‘silent’ grievers or ‘forgotten’ mourners. Over the last three years I have come to know and love many bereaved siblings. They have told me time and time again how very hard it is not only to lose their baby sister or brother, but also to watch the tremendous pain that their mom and dad are experiencing. The emotions these siblings are experiencing and seeing in their parents are like nothing they have seen or felt before.

As adults, we have had many years to experience a variety of different intense, overwhelming emotions and feelings. We may have had to deal with the death of someone other than our child, or experience the scary uncertainty of losing a job, or at the breakup of a marriage. For example, my husband has experienced the death of his father in addition to losing two unborn babies and burying our son Jacob.

Our surviving children may have never felt anything even remotely close to what they are feeling right now at the death of their sister or brother. Most older siblings I have met have told me that they were frightened by the intensity of their own grief. They often hid their feelings, both from themselves and their parents. A few were lucky enough to have a close friend to share their feelings with.

Talk to your surviving children about the baby’s death. Even the youngest children need to be told that mommy and daddy are sad about the baby, brother John, or sister Jane. They need to be told repeatedly that they did not cause mommy or daddy to cry. They also need reassurance that YOU will not go away like the baby did.

Don’t be afraid to cry in front of, or with your children. They need to know that it is alright to cry. Children of all ages are extremely sensitive to their parent’s feelings, moods and emotions. They know instinctively when we are sad or upset. If we don’t tell them what they need to know their imagination could make up the answers. They could possibly blame themselves for what is happening in the family.

My wish for each of you is love, hope and peace.

Kim Brundt, *Bereaved Parents USA*

## **Fireflies by David Morrell**

*Fireflies* is author David Morrell’s account of the death of his fifteen-year-old son Matthew from a rare form of bone cancer. Morrell, the suspense novelist who created the Rambo character, has used his creative talents in *Fireflies* to create a unique blend of truth and fantasy.

The book factually lays out the details of Matt’s death and its impact on Morrell and his family. But Morrell also interjects a layer of fiction. The fictional element in *Fireflies* plays off a fantasy that many bereaved parents have embraced at one point or another: an imagined effort to change the single intolerable fact of your child’s death. In the book, Morrell as an old man travels back in time to the final weeks of his son’s life. He embarks on a desperate struggle to alert Matt’s doctors to the boy’s worsening condition. That portion of the book reads as a taut suspense novel, and I found myself hoping against hope that Morrell would succeed in accomplishing the impossible.

Morrell is clearly a gifted writer. The book evokes the pain of parental grief in vivid and wrenching descriptions, including many passages about the disabling physical effects of grief. But perhaps the most important contribution of Morrell’s book is its account of the author’s own personal journey from despair to acceptance. Central to that journey is Morrell’s openness to spiritual signs from his son and his willingness to believe that human life is part of an eternal and universal energy that doesn’t stop at death. As Morrell tells it:

“One day, about four years after his death, I surrendered. I stopped dwelling on the past. I accepted the present, the after-Matt present. The day I came to terms with the fact that life would never be as it was, that it had changed and transformed—that was the day I began to heal. Because I came to believe in what Wolfe and Whitman had written about. ‘All goes onward and outward, nothing collapses—and to die is different from what any one supposed.’”

*Fireflies* was first published in 1988 but was re-released last year. Bereaved parents should be grateful. The book is engrossing and wise at the same time.

*Reviewed by Barbara Atwood ~ TCF, Tucson Chapter*





*We need not walk alone.*

“So let me look for you anew in all the wonders and blessings of life. I believe you are reflected there with every expression of happiness and joy, in every instance of fearless exploration and with every act of unconditional love.”  
—Harold Hopkins

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## A Sibling Speaks Out

What happens to the children when a brother or sister dies? In some ways it is a very different experience from that which parents go through, while in others it is very much the same. Part of the reason for the difference is that the child who has died has a unique relationship with each family member. Part of the reason for the similarity is that all have suffered a loss.

One of the strongest desires expressed by siblings is that they are much more likely to want to return to a normal routine. They want to return to school fairly quickly and to go out with their friends. They want their parents to stop crying, not because they don't care, but because they do care and want to see the hurt stop. Just because a child wants to go to a movie doesn't mean he isn't grieving. I think that children are much less exposed to socially “appropriate” behavior after someone has died and may do things that do not fit into an “appropriate” role.

Another strong feeling I see is that of guilt. As much as parents know about their children, there are some things they will never know. A child's private thoughts or an exchange between children may never come to the parents' attention. The source of a child's guilt is frequently the result of an argument, a hastily shouted “drop dead,” or a similar fleeting thought. These incidents come back to haunt children, as though one such incident had something to do with the death.

There are a few more concerns that may develop. One is how to take over for the dead child—for example, the household chores that were always done by him or her but that now have to be done by someone else. Related to this concern is a situation in which a child always shared a particular activity simply because the sibling did it too. After the death, the surviving sibling may feel compelled to continue the activity because to give it up would be to take away a reminder of the dead sibling. Another concern is that whatever happened to the brother or sister may happen to the survivor. This is particularly acute if the sibling who died was older. As the child approaches the age of the sibling when he or she died, a feeling of anxiety may develop. Many children realize this fear to be groundless but find themselves wondering if they will survive. Consequently, birthdays are often occasions with unexpressed conflicts.

Children also share some of their parents' feeling that no one else really knows what they're going through. They also share the unanswerable questions: “If I could have..?” and “What if...”

A child's life is changed forever when a brother or sister dies. If I could advise parents, it would be to say, “Children do not grieve the same way as parents do because of different relationships. Keeping these differences in perspective will help you understand why children sometimes do the things they do. It helps to consider a child's point of view when you are hurting so much. During such an emotionally draining time as grieving, don't leave anything to chance; don't assume anything. Making sure you and your children are aware of each other's feelings will mean less confusion, less tension, more sharing, and more growing together as a family.”

*Julie Peterson ~ TCF, Pawtucket, RI*

## Lost Potential

Last year I attended a workshop presented by a specialist in grief named Dr. Cable. Dr. Cable said many important things about the grief process, but as a bereaved parent, one thing stuck in my mind.

He said that if you ask a bereaved person to describe his deceased mother, he will say, “Oh, she was so sweet. She always wore flowered dresses and loved to bake cookies.” But, if you ask a bereaved parent to describe her deceased child, she will say, “Oh, he would be five this year and just starting kindergarten,” or, “She would be twenty-two this year and graduating from college.”

You see, we bereaved parents grieve the lost potential of our children. Our children don't stop growing in our minds. We grieve again and anew each year as our child would have been a different age.

*Chris Anderson ~ TCF, Walla Walla, WA*





*We need not walk alone.*

"Wounded hearts need to be wrapped in quietness, gentleness and compassion, away from the turmoil of daily life. A wounded heart not allowed to mend from the depth of its agony, will be an abscess—to swell and undermine—erupting at a distant time. Or, suppressed, it will slowly choke the spirit of its host." —Nancy G.

## Golden Scrapbook

A treasure cache of memories  
A scrapbook in my mind  
A baby boy with big blue eyes  
A golden hair I find.

A toddler grabbing marshmallows  
His little fist closed tight  
A first grader with brand new books  
Brave and proud and bright.

A picture here—a feeling there  
I shuffle them together  
And sort them over constantly  
Although I know I'd rather

Not have to search for memories  
But still I must—I find  
Add page on page on page on page  
To the golden scrapbook  
in my mind.

*Lois Gardner ~ TCF, Junction City, CO*

## Leave the Light On

All through the fall I kept seeing your face  
and hearing your voice

Wisecracks coming out of the pack  
Thousand megawatt smile  
through August sweat and October rains,  
Dust-choked or mud-crusted

Celebrating success, toughing out adversity  
Forgetting that in one terrible instant  
A void was opened in us that cannot be closed

You are supposed to be with us  
In our classes, on our playing fields, at our houses  
And so you are—

Leave the light on for us Bobby—  
We'll be along in a minute.

*Written in honor of Bobby Moore  
in his Senior yearbook after his death.  
Submitted by his dad, Jeff Moore ~  
TCF, North Shore, Boston, MA*

## To My Friends

This is my pain.  
Let me feel it.  
Don't tell me not to cry.  
I know you mean well, dear friend.  
But telling me not to cry,  
Tells me you don't understand.  
But, how could you, really?  
Have you lost a child?  
Have you given birth, loved and laughed,  
And then watched him die?  
This is my pain.  
Let me feel it.  
Be patient with me when I want to scream  
to cry  
or be crabby  
or talk about him  
or be alone.  
This is my pain.  
Let me feel it.  
I know you'd take it all away,  
if you could.  
But you can't.  
I can't avoid it,  
Or stuff it down somewhere,  
Or run away from it  
Because it always finds me again.  
The cold, hard fact is,  
That I had a child that died,  
and it hurts.  
So I know, that this is my pain,  
And I have to feel it.  
To get through it.

*Carolyn Johnson ~ TCF, Yuba City, CA  
from We Need Not Walk Alone, Summer 1994*

## Remembrance

I see your smile in the brightness of the summer sun.  
A gentle breeze is the touch of your hand on mine.  
A wave breaks softly on the shore,  
and I hear you whisper,  
"Remember me."

A winged bird begins its flight into the distant sky.  
The sound of children's laughter fills the air.  
The evening stars become your eyes,  
and I reply—  
"You are ever near."

*Priscilla D. Kenney ~ TCF, Kennebunk, ME*

# 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](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)