



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 12, Issue 7

Tyler, Texas

July 2011

Monthly Group Meeting

Tyler Area Meeting

Monday, July 18, 6:30 p.m.
3600 Old Bullard Rd., Bldg. 1,
Ste. 101B, Tyler

Jacksonville Meeting

Tuesday, July 5, 6:30 p.m.
Sam Smith's office, 1401 E. Rusk

Lufkin Meeting

Thursday, July 21, 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 LeaderTina Loper
Meeting Facilitators Tyler
Don & Leslie Dixon, Cheri Zucca
Meeting Facilitators Lufkin
Sherri Tutt, Lauri Maner
Newsletter/Web SiteMary 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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One Moment in Time

As bereaved parents, we have a line of demarcation in our lives. This line is like no other. Other people define their lives by that one big career step, move or degree. But in other people's lives, things are different. We are not like other people.

We experienced a clearly defined moment in time when everything changed. The tectonic plates of our lives shifted at one moment on one date of one year. Nothing will ever be the same. We definitively mark the time before and after our child died. Life was different before our child died. It was easy; it was filled with promises of tomorrow, accomplishments, setbacks, goals set and achieved and happiness that abounds in the natural order of life. But our basic assumptions were shattered and our world turned inside out at that one moment in time when our child died.

Can we ever feel as optimistic about life as we did before that moment in time? Will we ever again believe that one day we will feel balanced, optimistic and serene?

We certainly can, and most parents certainly do. As you read the articles in this month's newsletter about the journey through grief, consider the gentle optimism that presents itself in these parents' words. Each of these parents has walked this lonely road. Each has come through the darkest, rockiest valley into a gauzy sort of light which gradually crystallized into a true sunshine as time moved forward. How did they do it?

Insight is offered in these parents' stories. We must do our grief work, face our demons and stand them down. We must talk with others, set limits on what we will tolerate, and hold our line. We must seek counseling, attend seminars, attend TCF meetings or other offerings that give us the support of parents who have lost a child or help us in acquiring skills to cope with our pain and loss.

We must take grief breaks in the beginning and for the first year or two. We must take care of ourselves physically, mentally, and emotionally.

But most of all we must keep our child with us as we complete our life's journey. How we choose to complete our journey is unique. The common denominator that all of us share is the need to find a precious flicker of hope which we can nurture and coax to a radiant glow. We all find it in different ways and at different times on our grief journey. But, rest assured, we all find it. I call it "my little light."

One day you will feel the burden lifting. You will laugh about things your child said or did. That moment will gently envelop you. There is hope. Let your little light glimmer and then glow.

Annette Mennen Baldwin
In memory of my son, Todd M. Mennen
TCF, Katy, TX

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.

“Is this not our goal, to heal, to find strength to love both yesterday and today? Our children have been the richest part of our lives and today should reflect the grace of that love in all that we are today.” —Don Hackett

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.”

A Special Thank You to All Who Made the Butterfly Release Possible

Sam Smith in memory of Stacey Smith
David and Teresa Terrell in memory of Andy Terrell
Don and Leslie Dixon in memory of Austin Dixon
Carol Thompson in memory of Sarah Thompson
Carol and Shane Johnson in memory of Jared Sheets
Bill and Linda Hawkins in memory of Timothy Hawkins
Cheri and Jim Zucca in memory of Leah Zucca
Mary Lingle in memory of Candice Lingle
Johnathan Loper in memory of Christopher Loper
David Deramus in memory of Christopher Loper
Lisa Schoonover in memory of Jake Schoonover
Mary Ann Girard in memory of Joe Maland
Dan Maland in memory of Joe Maland
Kim Yates in memory of Ashton Yates
Doug Smith in memory of Ben Smith
First Baptist Church South Campus
Tyler Beverages
Misty Neal with Misty Makes It
Builders Carpet and Design Center
Stainless Steel Fabricators of Tyler
Apex Appraisals of Tyler
Davis-Green Paint & Body Shop
Bob Caves Air Conditioning Inc.
George and Lisa Martin
NBC 56
Gap Broadcasting
Tyler Morning Telegraph

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

This month's printing of our newsletter sponsored by Charles & Chanda McLean

In honor & loving memory of
Dex Bailey McLean
12-18 ~ 7-4
Son of
Charles & Chanda McLean

A reward is being offered for information on the murder of Dex. Please visit www.dexmclean.com for more info.



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





We need not walk alone.

"I have managed to find a serenity and a purpose in my life, yet the thrill of living is not the peaks, the sadness is not the valleys. Life now is 'steady as you go.'" —Annette Mennen Baldwin

Love Gifts



- Sue Roberts in memory of Jake Schoonover
- Dan & Cece Brotton in memory of Missy Rogers
- Fran McGilvray in memory of Russell
- Herb & Sandy Parr in memory of Herby
- Martha Lewis in memory of Burke
- Dorothy Ross in memory of Patton



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

- Jim & Cheri Zucca in memory of Leah
- Dale Cavazos in memory of Chad
- Carol Johnson in memory of Jared Sheets
- Merri Walsh in memory of Chris O'Leary
- Danny, Pat & Stephen Settle in memory of Steph
- Don & Leslie Dixon in memory of Austin
- Tina, Johnathan & Heather Loper in memory of Christopher

Thanks to the following people who make a MONTHLY LOVE GIFT 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

A Special Thank You to Our Regular Supporters During the Butterfly Release

- Claudette Brown in memory of Terry Brown
 - Dale & Phyllis Cavazos in memory of Chad Cavazos
 - David & Teresa Terrell in memory of Andy Terrell
 - Sam Smith in memory of Stacey Smith
 - Merri Walsh in memory of Chris O'leary
 - Cheri & Jim Zucca in memory of Leah Zucca
 - Lisa Schoonover in memory of Jake Schoonover
 - Don & Leslie Dixon in memory of Austin Dixon
 - Janet Majors in memory of Melissa Majors
 - Martha Lewis in memory of Burke Lewis
 - Sherri Tutt in memory of Lisa Tutt
 - Lauri Maner in memory of Kody Maner
 - Carol Thompson in memory of Sarah Thompson
 - Mary Lingle in memory of Candice Lingle
 - Mary Ann Girard in memory of Joe Maland
 - Tina, Johnathan & Heather Loper in memory of Christopher Loper
 - Danny, Pat & Stephen Settle in memory of Stephanie Settle
- Thanks to all our TCF members who brought refreshments to the Butterfly Release!

Announcements

Tyler TCF Meeting (New Location): The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 3600 Old Bullard Rd., Bldg. 1, Ste. 101B in Tyler. For more information, please email beachbum2201@gmail.com or lilbluebutterfly6@gmail.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 beachbum2201@gmail.com or lilbluebutterfly6@gmail.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 will be held in the same, new location as TCF, 3600 Old Bullard Rd., Bldg. 1, Ste. 101B in Tyler. Anyone who has lost someone they love to suicide is welcome to attend this peer support group. For more information please call 903-330-0678 or visit www.touchedbysuicideeasttexas.org.

Save the Date! 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! Our next meeting is Wednesday, August 3 at 6 p.m., location TBA. Call 903-258-2547 for details.

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.

Newsletter Submissions: TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: TCF Tyler, 5401 Hollytree Drive, 1204, Tyler, Texas 75703. Or e-mail text and photos to: info@TylerTCF.org; We reserve the right to edit for space and/or content. Deadline for submissions is the 15th of each month. TCF Chapters may copy articles from this publication provided credit is given to the author and the original source. Errors and Omissions: Please notify us if any of your information is incorrect.





We need not walk alone.

"I can only bite off chunks of grief in bits and pieces. How else would I manage to get out of bed?" —*Desire' Aguirre*

July Birthdays



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



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



Melissa Elaine Majors
7-14 ~ 5-8
Daughter of Janet Majors
Daughter of Greg Majors



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



Justin Corey Modisette
7-24 ~ 6-10
Son of
Linda Modisette



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



Cobin Frazier
7-2 ~ 9-18
Son of
Leslee Frazier



Terry Wayne Brown
7-13 ~ 5-27
Son of Claudette Brown
Son of Melton Brown



Grant Williams
7-8 ~ 7-8
Son of Clay &
Tammie Williams



Cameron Weatherly
7-3 ~ 9-25
Son of Ike &
Diana Weatherly



Lester "Bubba" Chase
7-20 ~ 6-27
Son of Debbie Chase



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



Ryan Delaney
7-10 ~ 7-20
Son of Mary Delaney



John Shade
7-9 ~ 9-29
Son of
Julie Clifton



Ashton Wayne Yates
7-9 ~ 12-6
Son of Kim Yates



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



Laura Wilkinson
7-16 ~ 3-7
Daughter of
Peggy Cunningham



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



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



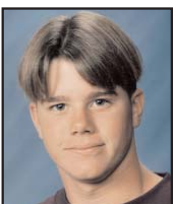
Carly Smith
7-14 ~ 2-1
Daughter of
Beth Page



John Wallace
7-1 ~ 2-2
Son of
Barbara Wallace



Adrian Hampton
7-31 ~ 7-22
Son of Michael &
Julie Brosang



James Fincke
7-15 ~ 12-25
Son of Sara Fincke



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



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



Christopher Mize
7-11 ~ 7-27
Son of Edith Mize



Felicia Hobbs
7-19 ~ 12-1
Daughter of
Muriel Rogers



J.L. Adams
7-6 ~ 10-26
Nephew of Vicki Adams



Nathan Spataro
7-6 ~ 6-19
Son of Becky Hicks





We need not walk alone.

"But the journey does not suddenly end. We walk this path for the rest of our lives. And if we do the hard work and face our demons early on, we accept the unacceptable and face life on our own terms. And that is as it should be."
—Annette Mennen Baldwin

July Anniversaries



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



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



Adrian Hampton
7-31-86 ~ 7-22-07
Son of Michael
& Julie Brosang



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



Shanna Marie Redmond
5-5-85 ~ 7-30-94
Daughter of
Patricia Miller



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



Grant Williams
7-8-10 ~ 7-8-10
Son of Clay &
Tammie Williams



Matt Mears
6-7 ~ 7-16
Son of Norma & Kerry Mears
Husband of Ashley Mears



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



Kathy Jo Tumminello
3-19 ~ 7-20
Sister of
Susie Gorman



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



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



James Permenter
4-2 ~ 7-12
Son of Shirley Hall



Dex Bailey McLean
12-18 ~ 7-4
Son of Charles &
Chanda McLean



Walter Dale "Skipper"
2-23 ~ 7-2
Son of
Lucy Winningham



Christopher Mize
7-11 ~ 7-27
Son of Edith Mize



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



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



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



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



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



Ben Smith
3-1 ~ 7-21
Son of Charisse Smith
Son of Doug Smith



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



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



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



Missy Rogers
11-25 ~ 7-21
Daughter of
CeCe & Dan Brotton



Chasen Shirley
2-13 ~ 7-3
Son of
Debbie Shirley



Timothy Allen Hawkins
6-30 ~ 7-7
Son of
Bill & Linda Hawkins

July Anniversaries continued on next page:



We need not walk alone.

"But the truth is, we never completely heal, we never totally adjust. Such is the nature of the loss—that no matter how much life has been experienced—the heart of the bereaved will never be the same." —*Adolfo Quesda*

July Anniversaries continued from previous page:

July Anniversaries



Kody Dale Hughes
5-5 ~ 7-30
Grandson of Sue Hughes
Grandson of Howard Hughes



Graham Gill
12-19 ~ 7-25
Son of Pat Gill



Scott Bradshaw
3-26 ~ 7-19
Son of
Bud Bradshaw



Herb Parr
4-19 ~ 7-30
Son of Herbert
& Sandy Parr



Lance Alan Massey
5-16 ~ 7-16
Son of
Cindy Massey

Tumbling Tumbleweed

A tumbleweed. So common to West Texas, such a rarity in East Texas! When Sarah's Dad and I took Sarah out to West Texas for our first visit to Texas Tech University, it was love at first sight, but we surely felt the distance between East and West. There were so many good times to anticipate during Sarah's college years "out there in the desert" that the hours between us seemed a fair compromise.

When we drove out of Lubbock, I felt the sadness of returning home without Sarah in the car, and I know her Dad felt the same. On the trip out, I had seen the tumbleweeds and how they moved freely about in the fields and on the highway, and now I wanted one to take home. In my mind at the time, the tumbleweed was a little keepsake of Sarah and her leaving home for the first time. Sarah's Dad was willing to do anything so that I would feel better. I spotted a perfect tumbleweed specimen right on the highway median- that was the one! He pulled over to the side of the highway and I jumped out to retrieve. When I returned to our van with my tumbleweed, I was laughing because tumbleweeds look smaller at a distance! This one took up the rear of the van, but we got it home. Over the next year or so, it was in different places- on the porch, blowing around the yard, in the flower bed- wherever the wind took it and wherever it wanted to be. I lost track of it after things settled down, and the tumbleweed eventually disappeared. A couple of years later, we lost Sarah.

Years ago as a child, I felt the sadness and emotion of the beautiful *Tumbling Tumbleweed* song whenever it played. I can hear that lovely music and the male singer's mellow voice in my head today. My mind pictures the tumbleweed, tumbling free and without connection, without certain landing. I think I know how it feels.

Carol Thompson ~ TCF, Tyler, TX
Always Remembering Sarah
June 2011

If You Were Here

If you were here we could go shopping. If you were here I could take you for rides to the woods, where you could hear the birds and see the squirrels. And with luck, a deer, a raccoon, and some of the other neat animals that live in the woods. If you were here we could sing songs and play games. If you were here you and I could watch the sunset and you could ask, "But Gramma where does the sun go? Doesn't it go out when it goes in the water?" If you were here we could do all the little things that people take for granted. But most of all—if you were here I could kiss and hug on you. I love you Kayla.

Gramma for Kayla Nichole Ramsey ~ TCF, Tampa, FL





We need not walk alone.

"Remember we all stumble, every one of us. That's why it's a comfort to go hand in hand." —Emily Kimbrough

Memories and the Passage of Time

"How long has it been? Bereaved parents are often asked this question. I ask it of you, "How long has it been?" Now answer this question: "How long does it feel like it's been?" A common answer is, "On one hand it feels like yesterday. On the other, it feels like a long time ago." Why do we experience our lives like this? How can something five or ten years ago feel recent and something that occurred last week feel forever ago? Let's look at the concept of time and try to make some sense of it, with the added bonus that we can gain some insight into our own bereavement process.

Scientists tell us that time can be measured in two ways. One is by a unit of measurement such as seconds, days, years. For example, how old are you? Virtually everybody answers this question in years. But, did you ever consider how many days old you are? Parents whose child died at less than one month focus on their child's age in terms of days or weeks of life. If you are near the age of 27 years you have lived approximately 10,000 days. If you just turned 41, you are nearing 15,000 days. How many of those days in your life do you remember? If you consider life in terms of seconds, the average American lives about two billion seconds (75 years). For many bereaved parents, one of the long term sources of grief is the fact that their child was cheated or deprived of years and decades of living.

Another way to measure time is by events. How many events of your child's life do you remember? How vivid are they? What are the triggers of these memories? AS the months and years pass, many parents fear forgetting events in their child's life.

I have a suggestion to help you call up positive memories of your child whenever you wish. First, take out a pen and paper and write every memory that immediately comes to mind. Don't worry about details for now. Just write. Next, find a label for each of the memories. For example, a mother whose seven year old daughter died writes out on paper four memories that immediately come to mind: her daughter's first day of school, hunting for Easter eggs in her new dress, riding her bike on her sixth birthday, and sand castles they built on their trip to the ocean. She creates the following labels: First Day at School; Easter Dress; New Bike; Sand Castles. And then she writes them in any order she wishes. Next, go through each memory and create as much detail as possible for each memory. Describe the setting, what was said, colors, temperature, smells, sounds, touches. Make a story out of the event. Next, assign a number to each label. For the woman above, she would say, "1=First Day at school, 2=Easter Dress, and so on. Then she would practice saying a number and immediately bring up the full memory of the event. Practicing this for a few days can create a very powerful list of quite wonderful memories that you can access at will. The list can be carried on a 3"x5" card for easy referral.

Picture a father standing in line at the grocery store. His 15 year old son died two years ago and he has recently put together a list of ten of his favorite memories, numbered 1-10. As he stands in line, he says to himself, "I'm going to think about number 5 for a few seconds." He has previously associated this number with the time he and his son took windsurfing lessons at the lake. He sees his son being shown the fundamentals by the instructor, practicing on land, bending his knees, shifting his weight, getting into the water, climbing on the board, and attempting to stand. He smiles as he sees both his son and himself fall off the board again and again. He nods as he next has a beautiful scene in his mind of his son proudly standing and gliding across the water with the sun and blue sky in the background. He reaches the check stand, pays his bill and walks out of the store somewhat comforted by a memory he knows he can bring up whenever he wants.

Give this technique a try, but be careful not to get upset if you don't have crystal clear memories. Think of a time in your child's life and use the steps above to create your story from the memories you have.

Our brain functions in such a way that we are aware of the passage of time and we understand that some memories are "older" and more distant than others. However, if we practice on bringing up memories from time to time, we can reinforce the images and transcend the time gap between then and now. Of course, focusing exclusively on the past and ignoring the present is not healthy. But, as you know, memories are all you have. Why not use them?

Bob Baugher, PhD

Bob Baugher is a psychologist and certified death educator who teaches courses in Psychology and Death Education at Highline Community College in Des Moines, Washington. Presently he is a clinician with the University of Washington Parent Bereavement Project.

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We need not walk alone.

"The practice of leaving families alone in their grief must not continue. Someone, somewhere, is searching in desperation for relief. When a grief-stricken person reaches out, a waiting hand must be there. For that hand—we are responsible!"
—Bob L. Hatfield

We Are Survivors

In the beginning we are survivors groping and clawing merely
to rise and face each day without our children
WITHOUT OUR CHILDREN

Intellectually we know the reality we have gone through
funerals wakes/shivas memorials
WE KNOW THE REALITY

but emotionally we cannot (nor should we) come to terms
with this reality
one cannot make this emotional commitment called parenting
then abruptly shut it off after a funeral
whether our child was six months or sixty our love our sacrifice
our future cannot be measured by a chronological clock
thus we cling to the hope that this is a bad dream a mistake
that soon there will be a knock at the door
the phone will ring we'll hear their footsteps upstairs
and they will be back where they belong
BACK WHERE THEY BELONG

In the beginning we face each day with disbelief we plod on
but we want our children back
not their pictures not their clothes not their memories
WE WANT OUR CHILDREN BACK

As months turn into years years into years our lives start to
"normalize"
(although we will never be the same again)
emotions begin to catch up with intellect
we gradually grudgingly come to realize that they are never
coming back to the way they were
(we seek out psychics to connect with them where they are
now)

As parents we have the need to nurture
(I will ALWAYS be your parent you will ALWAYS be my child)
we are compelled to make an emotional compromise and
keep them alive in different ways
like the caterpillar transforming into a butterfly our children
take on new lives
to be sure it is not the way we want it to be but now
in our hearts and in our heads we say
"this is the way it is this is the way it is going to be"
now
we are parents again and they are our children
we have paid the ultimate price for wisdom strength and
courage
and though we will never be the same again
we will BE

*Phyllis and Moe Beres
TCF Babylon, NY*

To Aaron In Memoriam

Fixed stars there are, familiar sights
And guiding lights through all our nights.
Planets, too, who come in view
To kindle friendships new.
But once upon a time I have in mind,
A lovely streak so new and briefly bright
As dazzles with delight,
For one lingering moment, blazing white
And then goes softly, silent back to night,
Beyond our sight.
And, lovingly, my heart cries "Thank you, Lord"
For memories of that lone, brief, splendid,
Precious light.

*Aaron's Grandfather, Ned Haubecker
TCF, Springfield*

The Gift of Someone Who Listens

Those of us who have traveled a while
Along this path called grief
Need to stop and remember that mile,
That first mile of no relief.
It wasn't the person with answers
Who told us of ways to deal.
It wasn't the one who talked and talked
That helped us start to heal.
Think of the friends who quietly sat
And held our hands in theirs.
The ones who let us talk and talk
And hugged away our tears.
We need to always remember
That more than the words we speak,
It's the gift of someone who listens
That most of us desperately seek.

*Nancy Myerholtz
TCF Waterville/Toledo, OH*

Circle

How do you bear it all?
The cry came from a mother
Whose son had died only weeks before.
We were in a circle, looking at her,
Looking around, looking away,
Tears in our hearts, in our eyes.
How do we bear it?
I don't know,
But the circle helps.

*By Eva Lager, TCF/Western
Australia (Eve's daughter Milya
Claudia Lager died by suicide on 4
March 1990.)*

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 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[®]

P.O. Box 9714
Tyler, Texas 75711



We need not walk alone.



www.TylerTCF.org

**Thanks to Skillern's Business
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