



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 12, Issue 6

Tyler, Texas

June 2011

Monthly Group Meeting

Tyler Area Meeting

Monday, June 20, 6:30 p.m.
3600 Old Bullard Road, Tyler

Jacksonville Meeting

Tuesday, June 7, 6:30 p.m.
Sam Smith's office, 1401 E. Rusk

Lufkin Meeting

Thursday, June 16, 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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Father's Day

I just finished watching another miserable cologne commercial on TV. For some reason these are the first signs of the upcoming holiday, commercials that are only shown at Christmas and Father's Day to give wives and kids some idea of what to get Dad to celebrate a gift-oriented holiday. Like the other fathers who read this newsletter, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen. My son's life. An opportunity not to hurt when I see boys who are the age my son should be now. A chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called and wished my father a happy day the night before, and go to the florist for the flowers I will place on my son's grave. I will stand alone and cry for a time, then return home to my wife and our infant son. This year will have a greater measure of peace due to young Dan's arrival, but I shall always have that Alex-sized hole in my soul, a longing that I know I will have until I too die.

Like many bereaved fathers I have felt the lack of understanding of the non-bereaved on how a father should mourn his child's death, and for how long. I do not understand how a society can have such belief in the strength of maternal love, and do such a good job of ignoring the intensity of paternal love. From the people whose only question at Alex's memorial service was on how my wife was dealing with this tragedy, to the long-time friend who didn't understand my choking up after watching a Hallmark Card commercial last year, the majority of people around us seem to have difficulty with the thought that a father may need to grieve for his deceased child just as much as mother might. So that is where some support and love is needed, and needed badly. Of course we have Compassionate Friends, but something more personal and closer to home is needed.

In a recent newsletter there was a note from a bereaved mother from NH asking fathers and siblings to be understanding of a grieving mother's needs on Mother's Day. I agree, but I would also hope that you ladies will not forget your husbands this Father's Day as well. It is frequently said that we males don't often talk of our emotional needs, and are reluctant to show our pain, but we need love and 'warm fuzzies' when we hurt also.

Please remember us on Father's Day, and please remember also that those cute little sentimental commercials that hurt you in May, take their toll on us in June. There are definitely times when I can do without Old Spice, McDonalds, Hallmark and AT&T.

Brothers, I wish you peace, comfort and love.

Doug Hughes ~ TCF, Cincinnati, OH

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.

"The dreams of lifetimes die when children die. The hurt is often nearly unbearable. But if we allow ourselves the freedom of grief and sorrow, we also open the paths of new happiness and new hopes and new dreams. And the child who was a part of us will live in our memories and our hearts." —from *We Need Not Walk Alone*

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.”

The Paths to Peace

As bereaved parents, we look to others for answers about our grief journey. For eight years I have listened as so many parents spoke about the combination of factors which brought peace to their hearts and allowed them to move forward into a different, less painful, life. I have read books, watched movies, attended seminars and retreats. I have gone to 93 Compassionate Friends meetings. And I have discovered one key factor in finding peace and resolution on this terrible grief journey: there is no single element or singular combination of elements that answers the needs of more than one parent. Each parent must patiently seek those elements that will enhance the individual and a unique personal journey: there is no magic map to finding the path to peace.

There is one common denominator in this quest for the peace on our long journey, and that is patience. Patience with ourselves is mandatory, because the grief journey after the death of our precious child is so horrible, so painful, and so isolating that our psyches and our bodies take so very much time to begin the healing process. There are setbacks. There is progress. Each of these comes in spurts. Each is partially reversed and the process begins anew.

Friends and family do not thoroughly understand our perspective on our unique journey. We must make allowances for them. But we must ask that allowances be made for us. For we are finding ourselves while on a path that we did not choose. We are lost. We are weakened. We are heartbroken. Each of us in our own way is seeking the formula that is uniquely our own.

Some parents find a kind of peace in their religion. Some parents are angry with their God. Many parents seek private counseling. Other parents read prolifically about the grief journey, seeking some element which resonates with them. Many parents come to Compassionate Friends meetings and actively participate. Others attend meetings and say little. Some parents slip into denial and proceed on the old path of their lives. We each make choices. We are different people with different experiences, backgrounds, cultures, genetic hard wiring, education and combination of abilities.

The path to peace is found by searching, by reaching out to every resource available. We will reject much of what we find; but if we search, we will find what we need.

For many of us, finding other bereaved parents presents an opportunity to listen to the stories of their child and their journey and, within those stories, we find many threads that fit our unique journey. Many stories, many journeys, many new threads are shared in group discussion and in private discussions. We find “seasoned” grieverers who provide perspective on our feelings, and listen to our story. We find newly bereaved parents who touch our hearts and remind us how we have built our path to peace brick by brick. Their pain brings reflection and new revelations about our own grief journey.

I found kindred souls at Compassionate Friends. These kindred souls have allowed me to explore the various aspects of my being and gradually create a path of peace for myself. 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, In memory of my son, Todd Mennen
TCF ~ Katy, TX*



We need not walk alone.

"I don't think of him every day; I think of him every hour of every day."
—Gregory Peck, in an interview many years after his son's death

Love Gifts



Pamela Johnson in memory of Lori Jean Campbell

David & Teresa Terrell in memory of Andy

Bobby & Jean Gimble in memory of Cason

Martha Lewis in memory of Burke

Ike Weatherly in memory of Cameron & Brandon

In loving memory of Donna Morales
5-8-96 ~ 5-4-01 Happy Birthday, Love, Mama,
Mimi, Uncle Mike, Rhiannon & Jaden



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

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 -

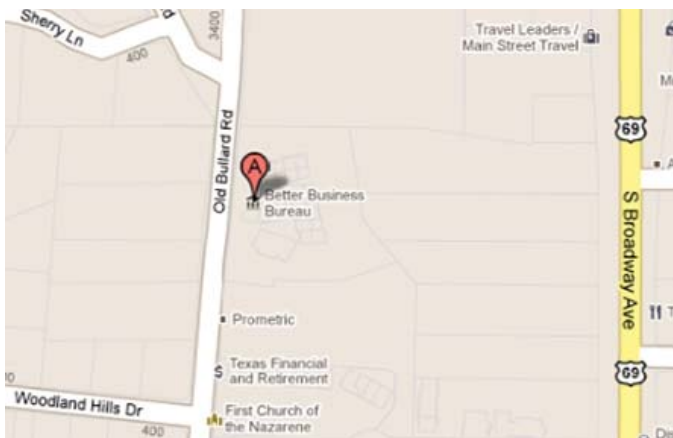
use of his office for the Jacksonville meeting

David & Teresa Terrell in memory of Andy -

use of a storage building

Thanks to Kim Boswell for assembling the newsletter last month!

Our new meeting location is at 3600 Old Bullard Rd.



Announcements

Tyler TCF Meeting (New Location): The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at our new location, 3600 Old Bullard Road in Tyler. For more information, please email beachbum2201@gmail.com or butterfly6@nctv.com, or call 903-258-2547.

Jacksonville TCF Meeting: The meeting in Jacksonville is held on the first Tuesday of the month, 6:30 p.m., at Sam Smith's office, 1401 E. Rusk, Jacksonville. For more information, please email beachbum2201@gmail.com or butterfly6@nctv.com, or call 903-258-2547.

Lufkin TCF Meeting: Join us at the Lufkin meeting held at 6:30 p.m. every 3rd Thursday of the month at Southside Baptist Church, 1615 Tulane Drive, Lufkin, TX 75901. For more information, contact Lauri Maner at 936-854-2002 or Sherri Tutt at 936-404-9517.

The Touched by Suicide meeting is held the second Tuesday of the month at 6:30 p.m. The meeting will be held in the same, new location as TCF, 3600 Old Bullard Road 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 at Carol T's house on Wednesday, June 1 at 6 p.m. Call 903-258-2547 for directions.

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 5th 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.

“...how complicated and individual mending is; the time required for healing cannot be measured against any fixed calendar.” —*Mary Jane Moffat*

June Birthdays



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



Thomas "Chuck" Carroll, II
6-2-73 ~ 11-13-93
Son of Linda & Thomas Carroll



D. Anriloten Bennett
6-29-99 ~ 9-28-08
Son of Deric Bennett



Charlie Clakley
6-27-77 ~ 4-15-10
Son of Teri Clakley



Bryce Ramirez Cooksey
6-4-04 ~ 6-4-04
Son of Shalina Ramirez



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



Seth Henry Porter
6-24-81 ~ 9-22-10
Son of Linda Porter



Jonathan Shipman
6-11-79 ~ 10-25-09
Son of Pat Moore



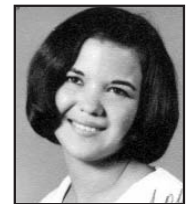
Trey LePelley
6-10-82 ~ 3-13-05
Son of Jack & Julie LePelley



Michael Holdway
6-18-52 ~ 8-3-93
Husband of Kathy Holdway



Leslie Eugene Robb
6-11-71 ~ 5-16-08
Son of Rena L. Surratt



Jackie Marie Heerd
6-30-46 ~ 2-22-81
Daughter of
Larry Batte



Joshua Andrews
6-21-88 ~ 3-14-04
Son of
Tawna Andrews



Jake Higgins
6-29-77 ~ 12-4-03
Son of
Donna Griffin



Justin McCullough
6-25-86 ~ 6-15-09
Son of Jan Schmitt



Timothy Allen Hawkins
6-30-78 ~ 7-7-78
Son of
Bill & Linda Hawkins



Jeremy England
6-7-87 ~ 12-25-05
Son of Sandra &
Roger Perry



Chris O'Leary
6-25-88 ~ 10-26-08
Son of
Merri & Fred Walsh
Son of Tom O'Leary

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 Web site and more!

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*

June Anniversaries



Roozbeh Arianpour
3-25-80 ~ 6-6-03
Son of Farideh Arianpour



Christopher John Fisher
12-18-82 ~ 6-22-03
Grandson of Grace & Tom Fisher



Michael A. Rucker
1-18-93 ~ 6-1-02
Son of Brandy Rucker Pearson
& Grandson of Shelba Putnam



Gabe Levi
5-2-79 ~ 6-25-06
Son of Deborah Hunt



Tami Kay Brown Roberts
5-17-72 ~ 6-10-00
Daughter of Kenn &
Ann Sommerville



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



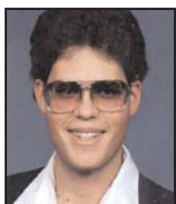
Justin Corey Modisette
7-24-84 ~ 6-10-10
Son of Linda Modisette



Bryce Ramirez Cooksey
6-4-04 ~ 6-4-04
Son of Shalina Ramirez



Joshua Walker
4-29-83 ~ 6-25-06
Son of Crystal Walker



Mark Turner
10-3-66 ~ 6-19-97
Son of Clayton &
Pat Turner



Joshua Renaud
1-18-86 ~ 6-9-06
Son of Christi McMillan



Christina Boyd
11-20-81 ~ 6-6-07
Daughter of Sherri Haltom



Jeremiah Barker
2-11-78 ~ 6-17-91
Son of Betty Fiederlein



Emily Elizabeth Ellis
10-25-90 ~ 6-16-09
Daughter of Lori Kern



Ricky Edmiston
4-26-90 ~ 6-29-06
Son of Woody &
Barbara Edmiston



Jodi Lynne Attaway
3-8-72 ~ 6-5-94
Daughter of Cindi
Attaway-Gill



Justin McCullough
6-25-86 ~ 6-15-09
Son of Jan Schmitt



Jesse Lee Irby
10-16-91 ~ 6-19-07
Son of Teri Irby



Nathan Spataro
7-6-87 ~ 6-19-09
Son of Becky Hicks



Christopher Pope
11-10-90 ~ 6-16-03
Son of
Brenda Pope



Amber Glasco
1-30-91 ~ 6-16-05
Daughter of
Chris & Julie Glasco



Kelynn Pinson
6-1-08
Son of
Kelvin Arterberry



Lester "Bubba" Chase
7-20-70 ~ 6-27-95
Son of
Debbie Chase



Kenneth Melvin
10-6-60 ~ 6-28-00
Son of
Fredia Melvin





We need not walk alone.

"'Why me?' is a singular and lonely question, but it doesn't have to be. Together we can give hope to the hopeless and comfort to the suffering. All we need to do is reach out, then maybe the 'Why me?' will answer itself." —*Polly Moore*

Steps to Making Progress

The Compassionate Friends, Inc. (Printed in TCF Memphis TN, 2009)

Allow yourself

- To be imperfect
- To do whatever brings you pleasure and a little peace
- To remember your child in whatever way you feel appropriate

Force Yourself

- To keep communication open
- To accept offers of help from family or friends
- To go through the old routines again
- To really listen to your spouse and children
- To try an activity you used to enjoy

Convince Yourself

- That every member of your family will and should grieve differently
- That you won't feel dead inside forever
- That your confusion about intimacy with your spouse is normal

Let Yourself

- Off the hook for problems
- Feel the anger
- Feel whatever it is that you do feel about God
- Treasure your special friends

Teach Yourself

- To establish small goals
- Everything you can learn about grief
- To ignore well-intentioned, unhelpful comments of others
- To let go of the moment of your child's death
- To embrace the memories of your child

Talk to Yourself

- To change the negative ways you think
- About everything

Forgive Yourself

- For not being the most perfect parent
- For all the things that you did or did not do

Find Yourself

- Now that you have changed into a different person
- Without relying on drugs, alcohol, etc.
- By relying on positive techniques such as reading/writing/new hobby

Indulge Yourself

- By being selfish and doing something just for you
- Because you deserve it

Express Yourself

- By talking out your feelings
- A safe place such as TCF
- Through a new activity

Forget Yourself and Give of Yourself

- By seeking out other bereaved parents and others in trouble
- By concentrating on others who are in pain
- To discover that We Need Not Walk Alone
- As a tribute to your child

The Fallen Goose

When you see geese heading south for the winter, you might wonder, as I have, why they fly in a vee formation. As each bird flaps its wings, it creates lift for its own flight but it also creates an updraft that benefits the birds that follow it closely at an angle. When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and it quickly gets back into formation. When the lead goose gets tired, it rotates back in the formation and another, more rested goose, flies up front. By flying in vee formations the whole flock adds at least 71% greater flying range, than if each bird flew on its own.

People who share a common direction and sense of community can get where they are trying to go more quickly and easily than when they try to travel the journey alone. Very much like the vee formations of geese, people can benefit from the uplifting energy of others. If we have as much sense as a goose, we will stay in formation with those who are headed in the same direction as ourselves.

We can learn even more by studying flying geese. Geese honk from behind to encourage those up front to keep up their speed. Also, when a goose gets sick or is wounded by gunshots, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group. Support and encouragement is a principle upon which the Compassionate Friends stands. If we have the sense of a goose, we can more easily recognize the potential benefits of collaboration and integrated efforts.

Over the last year, I have felt much like the fallen goose. It is because of you, TCF members who were willing to break formation and come down with me and offer me encouragement and support that I was able to deal with the difficult ordeal I have been through. I am proud that you are all my friends. I would never have been able to make it without you. Thanks is such a small word, but I don't know what else I can say. Thanks for being there and for caring.

Connie Buchanan ~ TCF, Medford, OR





We need not walk alone.

"The path to peace is found by searching, by reaching out to every resource available. We will reject much of what we find; but if we search, we will find what we need." —*Annette Mennen Baldwin*

The Sounds of Silence

The sounds of silence are everywhere-it is the silent pain of the loss of our son Andy, it is the silence of our home because one of our children is gone, and it is the silence of the sudden quiet that comes over people when we mention Andy.

We have become both better and worse in the six years since Andy died of cancer at the age of 22. We are better because we are able to get on with our lives and even enjoy ourselves occasionally. We have gotten worse because, as the years go by, we feel his loss more deeply.

We feel his loss every time we participate in a celebration marking some milestone of our friends and relatives or their children. We feel the loss because any celebrations of our own will always be incomplete-one person will always be absent and not there to celebrate with us or to enjoy his own milestones. The pain of his absence is always present at these events.

When Andy died, the pain of his loss was a sharp acute screaming pain that tore a hole inside of us. Now, the pain is a silent quiet steady pain. The hole is still inside us, covered by a scar, but it is still there. It doesn't scream out loud any more but instead just remains as a quiet steady and never-ending ache and sadness-a silent pain.

The silence of our home is a different kind of quiet. By now, if Andy had lived, he probably would have been out on his own. We would have been "empty nesters" anyway. But, when a home becomes empty because of the death of a child, it is a different kind of empty nest. Our daughter Lesley is married and out on her own, the way it should be. But, Andy is gone for a different reason.

So, the silence of our empty nest is not the silence of knowing we raised two children and now they are both out leading their own lives. Instead it is the silence of a home that is empty because one child is gone forever-of having to deal with the reality that phone calls only come from one child, not two; that only one child stops by for a visit, not two; that one child is forever gone from the nest. There is a silence in our home that often seems to pervade every space. It is a sad silence, not the temporary quiet of a happy home.

And then, there is the silence of relatives and friends when we talk about Andy-not about his death but about the things he did while alive. It is as if Andy has become a forbidden topic because he died, as if his death wiped out the 22 years he did live. It occurs when a relative whispers that our son died when someone asked how old he was-like his life and what happened to him was a big secret. It occurs when people suddenly get a funny look on their faces and don't know what to say next when you mention something about Andy. It occurs when you get the feeling that people want to avoid you because you remind them of a horror that could happen to anyone. It is a silence that reminds you that your emotions and feelings are different from that of others and that you will always have to live with the sounds of silence resulting from your son's death.

Mel Winer ~ In Memory of my son Andy ~ We Need Not Walk Alone, Copyright 1997

Grandparents Remembrance

We are the grieving grandparents, the shepherds of our children and grandchildren's lives. Our grief is two-fold and at times we feel powerless to help. We seek to comfort our children in the depths of their grief and yet we need the time and space to face our own broken hearts. We have been robbed of the special tender touch a grandparent shares with a grandchild, and we have lost a symbol of our immortality. As we walk by our child's side, we both give and draw strength. We reach into their hearts to comfort them, and when they reach out to us in their distress, we begin the journey to heal together. We continue to be their guardians. We allow traditions to change to accommodate their loss. We support the new ones, which symbolize the small steps on their journey. It is in their healing that our hearts find comfort.

Susan Mackey ~ TCF, Rutland, VT



We need not walk alone.

"Vulnerability to death is one of the given conditions of life. We can't explain it any more than we can explain life itself. We can't control it, or sometimes even postpone it. All we can do is try to rise beyond the question, "Why did it happen?" and begin to ask the question, "What do I do now that it has happened?"
—Harold S. Kushner

In This Place

Brave hearts, you are here. You have traveled
a dreadful distance. You have come,
seeking solace, understanding, hope,
threads to patch what death's so cruelly undone.

In this place you can relax and breathe . . .
the coats of others' expectations taken off.
Walk into these few hours as into an oasis
where draughts of love and memories can be quaffed.

In this place all names can be spoken;
in this place each one's story may be told.
We will not be discouraged by your sorrow;
in this place ALL feelings, we enfold.

Here laughter does not mean we are forgetting;
we do not count how many tears are shed.
Both fuel us, fellow travelers, give us courage,
for the long and winding road that is ahead.

And those we love are pleased we are together.
They smile down on us, and bless this day,
glad for every tiny step we're taking
and send their light to guide us on our way.

Traveling with us as we journey onward,
sending strength for what the miles may bring,
they are a part of everything we do that matters -
in every dance we dance, and every song we sing.

*Genesse Bourdeau Gentry
from Catching the Light -
Coming Back to Life after the Death of a Child
Written for TCF Meeting or Conference First Timers*

Sometimes

Sometimes, something clicks, and with a tear, remembrance of
the pain and the loneliness floods the heart.

Sometimes, something clicks, and with a smile, remembrance
of the love and the laughter floods the senses.

And there are times when nothing clicks at all and a voice
echoes through the emptiness and numbness, never finding the
person who used to fill that space.

And sometimes the most special times of all a feeling ripples
through your body, heart, and soul that tells you that person
never left you, and he's right with you through it all.

Kristen Hansen ~ TCF, Kenifield, CA

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."

Pricilla Kenney ~ TCF, Kennebunk, ME

Beautiful Dream

Eyes open wide
I awake from a beautiful dream
Within seconds the painful reality of my life sets in
I find myself wanting to scream
Grief so strong
Impossible to explain
Living with a broken heart
Struggling with the pain
Eyes closed tight
I pray for that beautiful dream
A short escape from the painful reality
That makes me want to scream

Robert Willis ~ TCF, Frederick, MD

Last Moments

Last moments
Snatches of conversation
That echo across all decades...
Priceless words
Indelibly etched on the heart.
Sometimes
Thoughts were never spoken
But unexpected sentiment—
A quick embrace, a silly smirk,
Or joyous laughter—
Reaches through the pain
And warms the heart.
We came too soon to understand
The folly of harsh words
Or neglected touch,
For who can know which
Taken-for-granted event
Will become
A last moment.

By Diane Fields ~ TCF, Westmoreland, PA

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