



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 15, Issue 6

Tyler, Texas

June 2014

Monthly Group Meeting

Tyler Area Meeting

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

Contact

Phone: (903) 258-2547

www.TylerTCF.org • info@TylerTCF.org
P.O. Box 9714 • Tyler, TX 75711

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

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

Joan & Bill Campbell, Regional Coordinators: (972) 935-0673
TCF National: (877) 969-0010
www.compassionatefriends.org

The Meeting Agenda

6:30 p.m. - Meeting will begin with refreshments followed by announcement of birthdays and anniversaries and reading of the Credo. We will then have open discussion.

8:00 p.m. - Meeting will close by recognizing our childrens' names. Feel free to visit after the meeting or check out books from our library.

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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 a 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 New Jersey 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 June 18, 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, McDonald's, 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 lasting gift that any loved one gives us is their presence in our hearts. It is up to us to dedicate ourselves to integrating that loving spirit into our ongoing lives." —Carol Staudacher

Welcome

We extend a warm welcome to those who attended their first TCF meeting last month.

We deeply regret the circumstances that brought you to our TCF Chapter. The Compassionate Friends is a mutual assistance, not-for-profit, self-help organization that offers support and understanding to families who have experienced the death of a child. You are cordially invited to attend our monthly meeting (held the third Monday of the month). The meeting is open to everyone and free of charge. You are free to talk, cry or to sit in silence; we respect the individuality of mourning. Comments shared in the meetings remain confidential.

Our chapter is operated entirely by volunteers dedicated to furthering the work of TCF. Your voluntary, tax deductible donations honor your loved one(s) in a meaningful way by enabling us to print and mail this newsletter and meet other expenses involved in reaching out to other grieving families (100% of funds are used for this outreach). Donations, along with the name of the person being honored, may be sent to:

The Compassionate Friends of Tyler
P.O. Box 9714
Tyler, Texas 75711

To Our New Members

Coming to your first meeting is the hardest thing to do. But, you have nothing to lose and much to gain. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third or fourth meeting might be the time you will find the right person—or just the right words spoken that will help you in your grief work.

To Our Old Members

We need your encouragement and support. You are the string that ties our group together and the glue that makes it stick. Each meeting we have new parents. Think back—what would it have been like for you if there had not been any “oldies” to welcome you, share your grief and encourage you? It was from them you heard, “Your pain will not always be this bad; it really does get softer.”

Grief Resources

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

Compassionate Friends (national home page)

Also offers grief support for **siblings** and **grandparents**
www.compassionatefriends.org

Children Are A Gift Foundation: www.childrenareagift.com

GriefShare: www.griefshare.org

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

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

The Hospice of East Texas: www.hospiceofeasttexas.org

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

Survivors of Suicide: www.allianceofhope.org

Samaritan Counseling of Tyler: www.scctyler.org

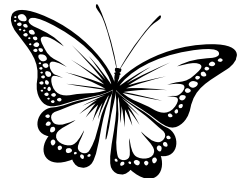
Tyler Counseling & Assessment, LLP: www.tyler-counseling.com

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

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

The Cope Foundation: www.copefoundation.org

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



A Friend Who Cares

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

Henri Nouwen





We need not walk alone.

“Of course, nothing can wipe away much of your pain, but sharing grief is helpful. You will know that after you have expressed the painful sorrow you once kept hidden, and you find yourself, finally, smiling at the memories and the blessings of past summer-times.” —*Sascha Wagner*

Love Gifts

See more love gifts on pages 7.



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

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

Merri Walsh in memory of Chris O'Leary - rent

Martha Lewis in memory of Burke - rent

Carol Thompson in memory of Sarah - rent

Carol & Shane Johnson in memory of Jared Sheets - rent

Danny & Pat Settle in memory of Stephanie - rent

Claudette Brown in memory of Terry Wayne - rent

Dale & Phyllis Cavazos in memory of Chad - newsletter

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

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



See more love gifts on page 7.

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: We try very hard to be sure that all of the names and dates of our children are correct. If you see an error in the newsletter, please contact TCF at 903-258-2547. We want to get it right and will correct the information for future use. Thanks very much.

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: lil-bluebutterfly6@gmail.com ~ Pat's email: beachbum2201@gmail.com

**Save the date! The 38th National
Compassionate Friends Conference will be
July 10-12, 2015 in Dallas.**

Announcements

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

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

MADD Heart meets 2nd Tuesday of the month at the MADD office, 215 Winchester Dr. Ste., 100, Tyler, TX 75701. For more info call 888-665-6233 or email Melissa at melissa.granberry@madd.org.

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

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

TCF of Tyler Memorial Quilt

If you would like to have your child's photo included on a TCF memorial quilt, please mail a \$25 donation to P.O. Box 9714, Tyler, TX 75711. For more information contact us at (903) 258-2547, or email us at info@TylerTCF.org. Thanks to Teresa and David Terrell for donating their talent and time on these beautiful quilts which are displayed in our meeting room and special events.



Jerry Owen Edwards, Jr.
5-23-70 ~ 5-4-06
Son of Ruby Echols

Editor's Note:
Jerry's photo was inadvertently left out of the May newsletter for Anniversary and Birthday dates.





We need not walk alone.

"We each move forward toward hope at a different rate and in a different way. This is not about meeting the expectations of others; this is a personal journey toward peace and hope. It is your journey." —Annette Mennen Baldwin

June Birthdays



Jasmine Elizabeth Thomas
6-17-94 ~ 5-4-13
Daughter of
Lisa Morris



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



Alfred Donnell Guthrie, III
6-7-66 ~ 12-9-11
Son of Rosa
Howard



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 Dr. Roger
& Linda Porter



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



Erin Evans
6-25-79 ~ 1-17-14
Daughter of Leigh
& Richard Evans



Erika Reyes
6-8-77 ~ 7-27-05
Daughter of
Sheila Steel



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



**ShiAnn Renee
Robinson**
6-26-98 ~ 5-24-00
Daughter of Amie
Jo Gibson-Robinson



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



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



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



Michael Ritchie
6-9-74 ~ 11-6-94
Son of
Debra Ritchie



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



Kelly Ann Campbell
6-27-75 ~ 12-4-97
Daughter of King &
Angie Campbell



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



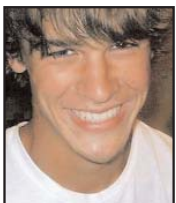
Timothy Allen Hawkins
6-30-78 ~ 7-7-78
Son of
Bill & Linda Hawkins



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



Ryan Glasco
6-22-89 ~ 1-27-08
Son of Jeff Glasco
& Charlotte Pena



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



Joshua Malone
6-19-82 ~ 9-1-07
Son of Rhonda
Malone



Ronald Gary Smith
6-1-78 ~ 11-4-08
Son of Gloria
& Ronald Smith



**Chandler James
"Jimmy" Brazell**
6-4-92 ~ 7-31-11
Son of Chuck &
Rhonda Brazell



We need not walk alone.

"By stating we will not accept it, what is accomplished? Will it make it not true? If only it were that simple. Then I would be 100% in favor of denial. But it doesn't work that way. There are some things that cannot be changed, no matter how hard we may want them to be." —Mary Ehmann

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



Gary R. Gribble
3-3-85 ~ 6-29-11
Son of Carol J. & Harold R. Gribble, Jr.



Lindsey Barton
7-12-83 ~ 6-1-12
Daughter of Barbara Barton



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



Gabe Levi Hunt
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



Timothy Andrew Lever
3-23-69 ~ 6-3-04
Son of Elsie Ford



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



Autumn Dale Romine
9-7-94 ~ 6-6-11
Daughter of Amy Romine



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



Emily Elizabeth Ellis
10-25-90 ~ 6-16-09
Daughter of Lori Symes & Mike Ellis



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



Justin Bynum
8-22-89 ~ 6-13-09
Son of Steve & Linda Bynum



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
1-23-06 ~ 6-1-08
Son of Kelvin Arterberry



William Jeffrey Stack
7-6-65 ~ 6-22-11
Son of Robyn Stack



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.

“Those who weep recover more quickly than those who smile.” —*Jean Giraudoux*

June Anniversaries Cont.



Todd Dean
10-28-82 ~ 6-13-07
Son of Cassandra
Dean-Taylor



Justin Morrow McIntyre
2-25-85 ~ 6-21-04
Son of Rhonda
McIntyre

The Brain Must Follow the Heart

Some survivors try to think their way through grief.

That doesn't work.

Grief is a releasing process, a discovery process, a healing process. We cannot release or discover or heal by the use of our minds alone. The brain must follow the heart at a respectful distance.

It is our hearts that ache when a loved one dies. It is our emotions that are most drastically affected. Certainly the mind suffers, the mind recalls, the mind may plot and plan and wish, but it is the heart that will blaze the trail through the thicket of grief.

Carol Staudacher in A Time to Grieve: Meditations for Healing After the Death of a Loved One

I Am Your Sister and Always Will Be

“I am your sister and always will be.” That’s how Susie signed her cards to me. After a while, she shortened it to, “I am...” And of course I knew the rest of it Susie was two and one-half years younger than I. She was alive one evening talking on the phone to Mom about the Oscars and to Dad about moving. The next day she was found. Whatever it was—it ended her life and changed mine forever.

There was a wonderful side of my sister that I didn't pay enough attention to. She was a kind and loving person, always ready to shelter lost animals and lost souls. When she was in a good mood, her smiles warmed my heart. Yet I spent most of my life wishing that things were different—wishing that she thought more of herself, wishing that she would take my advice, wishing that she were happier, wishing that we could accept each other.

Now, for two years, I've done nothing but wish she were here so we could have another chance to work at our relationship. Now, I wish that I had been able to give her my unconditional love and support. (She needed it and deserved it.) Now, I wish that I could have been with her that night so she would not have been alone. Now, I wish that I would have held her in my arms and told her how very much I loved her. Because, Susie, I am your sister and always will be.

Michele Walters ~ TCF, Baltimore, MD



Thanks to all who helped with the Annual Butterfly Release!

Carol Thompson & Lisa Schoonover, cupcakes

Don Dixon, cut out butterflies

TJC Art Club, painted butterflies

James Avery, auction items

Patti at Champions for Children, name tags

Brookshires, water (Amy Stewart & Laquita Stewart)

First Baptist Church, event location

Tyler Morning Telegraph

Alexa Vogue from KETK

KETK East Texas Live, interview

(Ellen Jenkins & daughter Linda)

Maegan Prejean from KLTV

Thanks to Connie Ward and her granddaughters Katie and Karly Woodard, hard-working girl scouts who helped set up, release butterflies and clean up after our event!

Thanks to Tammi Branch for setting up and clean up!

Thanks to all those who brought refreshments and donated items for the silent auction!

Thanks to all the East Texas newspapers, radio and Television Stations who publicized the event.

Thanks to these businesses for allowing us to put out our signs:

Glenn Duncan
Apex Appraisals of Tyler
3337 Old Jacksonville Rd.
Tyler, Texas 75701

Sharon Fuller
Davis-Green Paint & Body
5005 Old Jacksonville Hwy.
Tyler, Texas 75703

Bob Caves Air
Conditioning, Inc.
7900 S. Broadway Ave
Tyler, Texas 75703

Amy Manley
Stainless Steel
Fabricators LTD
P.O. Box 4549
Tyler, Texas 75712

Our condolences to Tina Loper on the loss of her father, Robert Caraminca.





We need not walk alone.

“When I come to the end of my journey and I travel my last weary mile, just forget, if you can, that I ever frowned, and remember only the smile.”
—Author unknown

One Foot in Yesterday

Yesterday my child was here, on this planet, alive. Yesterday life looked promising. Yesterday morning I woke up looking forward to the day. Today I awake peacefully and then I remember my child is dead, and I cannot breathe. I am jolted from head to toe. My child has been dead for a day. I wonder what my child was thinking in the last moments. I remember all the wonderful times. I remember the joy. I think of my child's life and how his life changed me forever. I remember the last time I saw my child. I remember the last goodbye. I sob and breathe.

I am lost for days. Final arrangements are made. The platitudes float past me....these words have no meaning. A memorial service for my child. People with sad faces. Hugs, words, tears, head shaking. I can see it in their eyes....they are thankful it isn't their child. They are uncomfortable. Time heals, they say. There's a plan, there's a reason. I cannot respond. They understand. No, they don't. My child is dead. This is not my parent, my husband, my sibling. This is my child. My child was supposed to outlive me. I thank them for their good intentions. I have no interest in their words. A few friends say nothing. This is the better choice, the wiser action. Be there, be there for me. Understand my unspoken words. See my broken heart. Understand. Listen to my story, a story of my child. Remember his life, remember his death.

Annette Mennen Baldwin ~ In memory of my son, Todd Mennen ~ TCF, Katy, TX
From “Goodbye, My Child,” copyright 2005
Reprint permission granted to The Compassionate Friends

Thanks to these families for their continued support of TCF of Tyler.

In loving memory of
Leah Zucca
by **Jim & Cheri Zucca**



In loving memory of
Jeremiah Barker
by **Betty Fiederlein**



In loving memory of
Jill Rozell
by **Peggy Rozell**




In loving memory of
Jodi Attaway
by **Cindi Gill**




In loving memory of
Ron Mitchum
by **Glenda Mitchum**



In loving memory of
Missy Rogers
by **Cece & Dan Brotton**



In loving memory of
Jeremy Newman
by **Victor & Margie Newman**



In loving memory of
Jamie Fincke
by **Sara Fincke**



In loving memory of
Payton Herrington
by **Melissa love**



In loving memory of
Jake Schoonover
by **Sue Roberts**



“I was shocked that I did not die from grief. And I know now that I will not die from grief because I choose not to. I may run—or shake wildly—or lie paralyzed on the ground for a while, but I will not ultimately succumb. Whatever gives us an increased sense of control—whether it be love or faith or cognitive coping—seems to mobilize our self-healing system.” —C.S. Lewis





We need not walk alone.

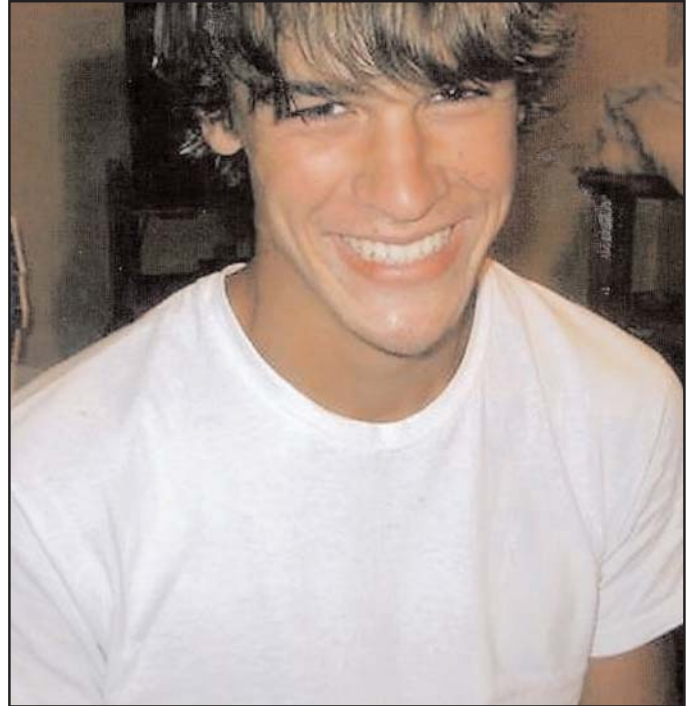
When the world says, "Give up," hope whispers, "Try it one more time."
—Unknown

Chris O'Leary

6-25-88 ~ 10-26-08

**In loving memory of
my son, Chris.**

Merri Walsh



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

Brian St. Clair

4-24-60 ~ 7-26-97

**In loving memory of
my son, Brian.**

Janet St. Clair



This month's printing of our newsletter sponsored by Janet St. Clair.
Call (903) 258-2547 to sponsor a monthly newsletter.





We need not walk alone.

“Although our greatest wish can’t come true, there are many things that we can do to honor our children’s lives. We can still hold them close to our hearts. As the keepers of their memory, we can guarantee that, by sharing their lives with others, our children will never be forgotten.” —Cathy L. Seehuetter

Lessons

Last week the Rabbi asked me to talk to some kids about lessons that I may have learned from the loss of my son. It was a time about remembrance. I told him that I was too busy, my stepdaughter was graduating, relatives were coming in, I had a bike ride planned, etc.

The morning of the day that he wanted me to speak I received a package from UPS. I was busy as usual but something made me sit down and open the package. As I did so I became silent and I cried. I remembered when I was in the hospital with my son, Shaw, and I was keeping busy, talking to the nurse, adjusting the TV, keeping distracted, when he told me there is nothing to do, just sit and hold his hand.

I read the note in the package and it was from his mother and my daughter, and I remembered that when Shaw was a little boy he would wear my clothes and put on my shoes and pretend he was going to work, and he said, "Dad, one day I may walk in your shoes." The note said, "Dear Sidney, we were going through some of Shaw's stuff and thought you may like to have his shoes, he loved these shoes and wore them everywhere."

I put his shoes on and I went to speak to the kids and shared this story, and I was walking in his shoes.

Sidney Copilow ~ TCF Medford, OR

Rebuilding Your Life One Piece at a Time

Written by Stephanie Elson, lifted from the Tears to Hope August/September 2007 newsletter of The Amelia Center, Birmingham, AL, providing a place of hope for grieving children, parents and families, www.ameliacenter.org

Death, especially unexpected death, changes one’s life in ways that cannot be expected. With the death of someone close, one’s world is forever changed.

One analogy I have found myself using with clients is the following: If you were to imagine the day before your loved one died, there was an intact picture of your life. The picture may not have been perfect, but it was there and it made sense. There was a beginning, a middle and an expected end. With death comes the destruction of that picture. It is as if the picture is taken out of your hands, smashed to the ground in a thousand pieces and then some of the most treasured pieces are forever taken away.

The challenge with grief is to then take all of those pieces which are left and attempt to make a new picture. The picture of the life you once had is impossible to recreate, as much as one may try, it cannot be recreated with pieces missing. A new picture must be assembled with the pieces that are left and with new pieces that are picked up along the way.

The process of "putting the pieces back together" is one that often feels chaotic and confusing. It may sometimes be surprising to find out how much thinking is involved in the grief process. Thoughts bounce around trying to connect "what was" with "what is" and struggle to make sense out of what seems to be incomprehensible.

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.





We need not walk alone.

As General Schwarzkopf said in an interview with Barbara Walters when asked if he was afraid to cry, "I'm afraid of any person who won't cry."

A Name for My Pain

I have given a name to my pain—
it's called "Longing."

I long for what was,
and what might have been.

I long for his touch and smell of sweat;
I long to hold him one more time.

I long to look on his beautiful face
and impress it upon my memories and heart.

I long to return to the day before
and protect him from his death.

I long to take his place,
so he may live and have sons too.

I long for time to pass much faster,
so my longing and pain will lessen.

Will they?

June Williams-Muecke, TCF ~ Houston West Chapter

His Room

Sun splinters through
The stained-glass unicorn Still on the sill
Splattering black walls with color
Few things are as forlorn as a vacant room
Furniture gone, awaiting definition
Bare, yet there on the carpet
Imprints of chair and waterbed
And there is the hole he
Accidentally shot through the wall
And there and there and there
Nail holes that held pictures and posters
And eight-point antlers
And there... God, how can a place
So empty, be so full?

Richard Dew
From *Rachel's Cry—A Journey Through Grief*

Catching Butterflies

It often hurt to come upon reminders of
my son
Tho' often since I lost him I would search
around for one
Which always brought on sadness and
the tears that I would shed
Were caused by names or faces, all
things that I would dread.

But then one day I came upon a man
who'd lost his son
I found that things I ran from, he
wouldn't even shun.
But rather he would treasure and I said
I wondered why
He told me that he called them "Catching
Butterflies."

This view of his intrigued me; I wanted
to hear more
And learned that he took all of them and
carefully would store
All of the reminders that I chose to push
away
He would tuck deep down inside his
heart each and every day.

Now a name or likeness when catching
me off guard
Does not upset me as it did and I don't
find it hard
For now instead I see these times as
opportunities
To see my son awakened in these new
fresh memories.

Dottie Williams ~ TCF, Pittsburgh, PA

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

The Compassionate Friends of Tyler

P.O. Box 9714
Tyler, TX 75711

We are happy to send our newsletter to you. We hope that it is helpful to you to be kept informed of chapter resources and activities and that you still wish to receive our newsletters that contain excellent material relating to grief issues.

To keep our mailing list current, we do ask to hear from you each year making sure that our information is correct and that you still wish to receive our mailings. If we did not hear from you in the last year please indicate any appropriate choices below and return the form to the address at the bottom of this page.

Your Name: _____

Child's Name: _____ Relationship: _____

Birth Date: _____ Death Date: _____ Cause of Death: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Telephone: _____

E-mail: _____

Please check any of following that apply.

Please continue sending the newsletter.

No thank you, I'd prefer to stop receiving the newsletter. (Newsletters are posted monthly on our Web site.)

Please include my child's name and picture in the slide presentation at the Candle Lighting Ceremony.

Please include my child's picture and information on the TCF Tyler Web site. (www.TylerTCF.org)

I am enclosing a memorial to support The Compassionate Friends in the amount of _____

Please make check payable to TCF

In memory of _____

Please use this gift for: TCF Newsletter Butterfly Release Candle Lighting TCF Events

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

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

(Signature) Date: _____

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



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