



# THE COMPASSIONATE FRIENDS



*We need not walk alone.*

Volume 16, Issue 6

Tyler, Texas

June 2015

## Monthly Group Meeting

### Tyler Area Meeting

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

### Contact

Phone: (903) 258-2547

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

Chapter Leader .....Tina Loper  
Secretary .....Pat Settle  
Newsletter/Web Site .....Mary Lingle  
Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: Pat Settle, Sam Smith, David & Teresa Terrell, Mary Lingle, Lisa Schoonover, Cheri Zucca, Ellen Jenkins, Pam Pickett, Don & Leslie Dixon, Janet Majors, 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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## How Dad Copes

It will be four years on May 31 this year since our son Nicholas passed away. Wow. I never imagined in a million years this would happen to us. It is difficult to deal with the aching pain I still feel in my heart. Nicholas's friends are getting married and having children. Though we are happy for them, our sadness deepens with the thought of how different it could be if he were still here.

The anxiety that begins to build in the latter part of April in preparation for the anniversary of Nicholas's passing gets stronger and stronger as the day comes near.

Past years were shock years. I couldn't figure out how to deal with it all. I would listen to other parents that are further along in their grief for coping strategies, but it did not seem to help. How could anyone help me heal my heart after it was broken into a trillion pieces?

I have found that speaking about Nicholas to friends, family, and new acquaintances helps me tremendously. At first it was difficult to do because it does make some people uncomfortable. The more I do it, the easier it gets, and the better I feel. Talking about my son has been like a pressure relief valve for me.

I also make time to think about Nicholas and release my emotions. This time alone to reflect and weep brings overwhelming, though temporary, relief. Dads tend to hold back tears and feelings. We like to think we can maintain control. My advice is don't try. Instead, let your feelings go in private at a time and place of your choosing.

Thinking back to the beginning of this tragic event in our lives, I should have sought counseling from a grief therapist. My wife and I both should have done this. I truly believe this would have helped us develop better coping skills. At that time I didn't think private counseling would help. I was wrong.

Finally, The Compassionate Friends (TCF) volunteers are available to us all. TCF volunteers understand your loss and the dual problem of "maintaining control" for the sake of our family. Our chapter newsletter lists names and telephone numbers of other fathers and mothers ready and willing to assist us. I am one of the parents who volunteers to talk with grieving fathers. I have even become active in the administrative aspects of our chapter. Now, I tell parents, "we sincerely regret the circumstance that has brought you to this group." This is a club none of us dreamed we would ever join. I thank TCF for helping my family and me and for allowing me to help others.

*Albert Tapia, TCF Katy, TX  
In Memory of my son, Nicholas Albert Tapia*

**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.*

“You can’t start healing until you’ve allowed yourself to feel the hurt of the loss of someone you loved better than yourself. So, if you have reached that place in your grief, see it as a positive, for it means you have forsaken unproductive things and have made a giant step forward in your journey to a place where your pain eases and you learn to live with your loss more comfortably.” —*Mary Cleckley*

## 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 (International Website)** [compassionatefriends.org](http://compassionatefriends.org)  
Also offers grief support for **siblings & grandparents**

**Children Are A Gift Foundation:** [www.childrenareagift.com](http://www.childrenareagift.com)

**GriefShare:** [www.griefshare.org](http://www.griefshare.org)

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

**Smith County Victim Services Division**  
[www.tdcj.state.tx.us/divisions/vs/counties/smith.html](http://www.tdcj.state.tx.us/divisions/vs/counties/smith.html)

**The Hospice of East Texas:** [www.hospiceofeasttexas.org](http://www.hospiceofeasttexas.org)

**Victim Services Division - Texas Department of Criminal Justice - Online Resource Directory**  
[www.tdcj.state.tx.us/divisions/vs](http://www.tdcj.state.tx.us/divisions/vs)

**Survivors of Suicide:** [www.allianceofhope.org](http://www.allianceofhope.org)

**Samaritan Counseling of Tyler:** [www.scctyler.org](http://www.scctyler.org)

**Tyler Counseling & Assessment, LLP:** [www.tyler-counseling.com](http://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. [angellayettes.org](http://angellayettes.org) • 903-534-5212

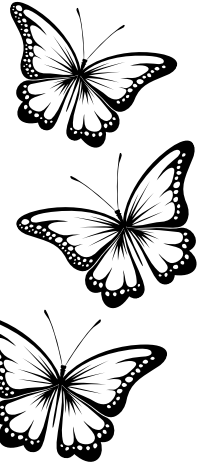
**University of Texas at Tyler Psychology and Counseling and Training Clinic:** 903-593-2348

**The Cope Foundation:** [www.copefoundation.org](http://www.copefoundation.org)

**Grief Camps for Kids:** [www.moyerfoundation.org/programs](http://www.moyerfoundation.org/programs)

**WINGS** was established through Hospice of East Texas in 1993 to help children navigate the grieving process. WINGS, “a comprehensive bereavement program that provides both emotional support and grief education,” offers a camp (Camp G – grieve, grow and go forward) twice a year. For more information or to register for a grief support program, contact the Hospice of East Texas Bereavement Department at 903-266-3400 (Extension 127) or call 1-800-777-9860.

**Group Meetings for Survivors of Trauma and Survivors of Suicide Loss**, sponsored by Michael’s House of Hope at the New Life Worship Center, 18535 Hwy. 69 S., Tyler, room 620. Call Dr. Timothy M. Roddam at 903-681-3161 for more information. Survivors of Trauma meets the the second Thursday of each month from 6-7 p.m.



**Join us for dinner at the  
Jalapeño Tree on the Loop in Tyler.**

**We will meet every 4th Tuesday of the month at 6 p.m.**



*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

## Love Gifts



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.)**

Victor & Margie Newman in memory of Jeremy - rent

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

Sue Roberts in memory of Jake Schoonover - 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 6.**



## Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: TCF Tyler, 5401 Hollytree Drive, 1204, Tyler, Texas 75703. Or e-mail text and photos to: [info@TylerTCF.org](mailto:info@TylerTCF.org); We reserve the right to edit for space and/or content.

Deadline for submissions is the 5th 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: [lilbluebutterfly6@gmail.com](mailto:lilbluebutterfly6@gmail.com) ~ Pat’s email: [beachbum2201@gmail.com](mailto: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 Rickety 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 Carol King at [carol.king@madd.org](mailto:carol.king@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](http://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](http://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](mailto: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.







*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."

### June Birthdays



Jasmine Elizabeth Thomas



Brian Harris



Thomas "Chuck" Carroll, II



D. Anriloten Bennett



Charlie Clakley



Trisha Thomas



Bryce Ramirez Cooksey



Alfred Donnell Guthrie, III



Matt Mears



Seth Henry Porter



Jonathan Shipman



Erin Evans



Erika Reyes



Trey LePelley



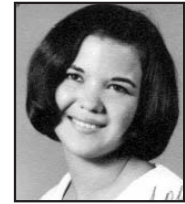
Michael Holdway



ShiAnn Renee Robinson



Leslie Eugene Robb



Jackie Marie Heerd



Joshua Andrews



Michael Ritchie



Jake Higgins



Kelly Ann Campbell



Justin McCullough



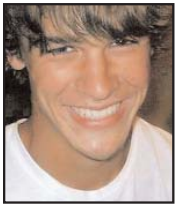
Timothy Allen Hawkins



Jeremy England



Ryan Glasco



Chris O'Leary



Joshua Malone



Ronald Gary Smith



Chandler James "Jimmy" Brazell



Melissa Helsel

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





*We need not walk alone.*

"Those who weep recover more quickly than those who smile."  
—Jean Giraudoux

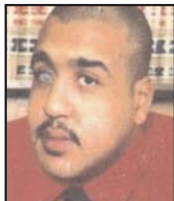
### June Anniversaries



Roozbeh Arianpour



Christopher John Fisher



Gary R. Gribble



Lindsey Barton



Michael A. Rucker



Gabe Levi Hunt



Tami Kay Brown Roberts



Kyle Beck



Justin Corey Modisette



Justin Morrow McIntyre



Bryce Ramirez Cooksey



Joshua Walker



Mark Turner



Joshua Renaud



Christina Boyd



Autumn Dale Romine



Jeremiah Barker



Emily Elizabeth Ellis



Todd Dean



Jodi Lynne Attaway



Justin McCullough



Justin Bynum



Jesse Lee Irby



Nathan Spataro



Christopher Pope



Amber Glasco



Kelynn Pinson



William Jeffrey Stack



Lester "Bubba" Chase



Kenneth Melvin



Kelbi Mathis



Noah Bass

In time, we may see goodness that seeped out of badness, but we should leave it to God to show us that, when our eyes are not so full of tears and we can see more clearly. —Elizabeth A. Price



*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*

**Thanks to all who helped with the 2015 Annual Butterfly Release!**

David & Teresa Terrell  
Cheri & Jim Zucca  
Trish & Ponch Taylor  
Sam Smith  
Carol Thompson

Eric Morris  
Barbara Barton  
Ellen Jenkins  
Pam Pickett  
Don & Leslie Dixon

Hayden Terrell  
Delayne Voyles  
Melissa Love  
Juan Moa

**Thanks to all our families who Support TCF of Tyler with their love gifts.**

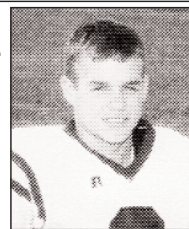
In loving memory of  
**Lindsey Barton** by  
**Lee & Barbara  
Barton**



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



In loving memory of  
**Scottie Baker** by  
**Doyle & Sherry  
Smith**



In loving memory of  
**Sarah thompson** by  
**Steve & Cindy Paar**



In loving memory of  
**Joe Maland** by  
**Maryann Girard**



In loving memory of  
**Josh Chambers** by  
**Joan Curtis**



In loving memory of  
**Scott McDaniel** by  
**Kathy Hopkins**



In loving memory of  
**Graham Gill** by  
**Pat Gill**



In loving memory of  
**Andy Terrell** by  
**Debbie & Jim  
Hammond**



In loving memory of  
**Dex McLean** by  
**Stephanie McLean**



**"Hope is the feeling that the feeling you have isn't permanent." —Jean Kerr**

**Hope Shines Bright Deep In The Heart**

Dallas will host the Compassionate Friends National Conference in July, 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.

**TCF Walking Group**

Come join us for a walk, a stroll, a jog! Walking and talking is great therapy!  
**When:** Second Sat. of the Month, 9 a.m.  
**Where:** Rose Rudman Trail—meet at the park pavilion off Shiloh Rd.  
**Who:** Everyone is invited to join—there will be someone walking at your pace!







*We need not walk alone.*

“It is a curious thing in human experience, but to live through a period of stress and sorrow with another person creates a bond which nothing seems able to break.” —*Eleanor Roosevelt*

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## **Real Men Do Cry**

by Carrie Kears

On January 19, 1996 my life was forever changed when my brother, Carl died. I will never forget the moment a family friend called me out of my chemistry class to give me the awful news of Carl's death. Time stood still as I listened in disbelief as I was told how he was found at the bottom of a radio tower. Those few endless minutes triggered a series of painful recollections and realizations which surface from time to time in quiet moments as well surfacing suddenly at inopportune times. Such painful recollections do not occur as frequently today as they did in the days and weeks following his death. Others who have walked through the early days of grief and those currently walking amidst the swirling haze of early grief know the continual bombardment of pain and memories as the permanence of loss is painfully realized.

My early days of grief brought me home for a week away from my new existence as a college freshman which seemed suddenly so distant. While home for the week I sought to escape my thoughts by watching television, such brief respites from my intense pain were not only necessary, but few and far between. As I walked into the den, I caught my father sitting on the edge of the couch in the grip of his own painful moment of grief. I could see him facing the stark realization that his son would never again walk through the door, ask to go deep sea fishing, try to weasel a couple of bucks before rushing out the door. I sat quietly down beside him, not quite knowing if he would be receptive or embarrassed by my presence. I slipped an arm up over his shoulders which began to shake silently before my arm could even come to rest. The silent shakes of his shoulders gave way to heart wrenching, gut churning, whole body sobs. I reached up across his chest to grasp his opposite shoulder and lowered my cheek onto the shoulder nearest me; feeling his tears fall across my forearm. I couldn't tell you how long we sat there sharing our tears, our pain.

It was the first time I had ever seen my father truly break down, the first time I witnessed something more than a single stoic tear trickle down his cheek. As I look back on the experience I recognize it as a turning point in our relationship. His intense pain did not create for me a greater burden in my grief. I was not frightened. My world did not cave in because my father allowed me to see him grieve. In all honesty, my world was enriched because my father not only allowed me to see him grieve, he allowed me to grieve with him, beside him in a moment which laid the foundation of our current relationship. His actions let me know it is alright for me to allow myself to feel pain, but to share it with my family. I do not hesitate to call my parents, or show up at their doorstep when I am desperately missing Carl, or grieving the loss of our unrealized future. I desperately want Carl to know my daughter; to be an uncle to her as just as much as I desperately desire to be an aunt to the children he will never have. Grief is not only missing what was, but missing what would have been.

I am grateful to my father for showing me I am not alone in my grief. Only time can lessen the pain of grief, but my pain is more bearable when I share my grief. I have grown up with the knowledge of people who believe real men don't cry. Maybe they haven't lost a son. Maybe they haven't had a chance to be an example to the daughters who share their grief. 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."

## **Forgive Until Forever**

Grieving is a fierce and overwhelming expression of love thrust upon us by a deep and hurtful loss. Yet, grieving is frequently such an entanglement of feelings that we often fail to recognize that ultimately forgiveness must be an integral part of our grief and our healing. For what is LOVE, if forgiveness is silent within us?

We learn to forgive our children for dying, ourselves for not preventing it. We begin to forgive God or the fate we see ruling the universe. We start to forgive friends and relatives for abandoning us in their own bewilderment over the onslaught of emotions they sense in our words and behavior.

I believe we must be open to the balm of forgiveness. Through its expression in our lives, be it through thought, word or deed, we find small ways to seek life once more. Deep within us, forgiveness is capable of treading the wasteland of our souls to help us feel again the love that has not died.

It is the beginning of release from the dominance of pain, not from the continual hurt of missing those we have lost, but from lacking the fullness of the love we shared with our child. That love lives with strength inside ourselves, and yet our beings are so entrapped in a whirling vortex of anger, despair, frustration, abandonment and depression that we often feel it only lightly.

Let us all heed the quiet message heard so softly in that maelstrom of the spirit. Forgive...forgive...forgive until forever. Let love enfold our anguish, helping us to learn to grow and strive beyond this hour to a rich tomorrow.

*Don Hackett, TCF Hingham, Massachusetts*





*We need not walk alone.*

"I used to always think that I'd look back on us crying and laugh, but, I never thought I'd look back on us laughing and cry." —*Ralph Waldo Emerson*

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## Use Your Gifts and Your Experiences to Help Others

The Compassionate Friends has been a God-send to me for two major reasons.

One, TCF has given me a place to "plug in" and use the gifts that God has given me to help other bereaved parents. There is deep healing for grief and heartache to be found in helping others who have lived through the same heartache that we have lived through.

Two, being with and working with other bereaved parents proves that a parent can survive the death of a child and continue to carry on with life and. It is incredibly inspiring and uplifting to hear a grieving parent talk about the death of her/his child without falling apart. You and I both know that there have been times that we thought that would never be possible. There is great hope to be discovered from spending time with "seasoned" grievers, because we see that time does heal—or a least ease—all wounds.

It will soon be 20 years since my daughter's death. I suppose I could be classified as a seasoned griever, and although I still grieve, and always will, I have come light years from October 4, 1988. My faith in Jesus Christ has been and continues to be my greatest source of strength and healing. The love and support of family and friends has been immeasurable. I had reached the point in my grief where I knew I would survive and could hold on until I was with Stacey in heaven. In my desire to help other parents and honor Stacey's memory, I created the Butterfly Ministry in 1999. The mission of the ministry was to tell others about the healing grace and power of Jesus. I was not really sure how to use the ministry or what God's plans would be, and then He led me to TCF.

I write Christian music, and in 2000 I recorded a CD entitled "Master's Butterfly." It contains 11 original Christian tunes, some related to Stacey's death. The title cut, "Master's Butterfly," is the story of a Father telling his daughter about eternal life using the caterpillar-cocoon-butterfly process as the example. The key line in the song says, "What the caterpillar calls the end of the world, the Master calls a butterfly." A lady associated with TCF, Tyler, Texas chapter heard the song and called me to perform at their Candle Lighting Service that year. I have been working with them ever since. When I discovered that The Compassionate Friends had adopted the butterfly as their symbol, I knew I was with the right group. God had brought me to a place where I could use the songwriting gift to honor Stacey's life by helping other grieving parents and family members. I believe in divine appointments, and this has most assuredly been one.

Now, I wrote all that to say this: If you are reading this in the TCF newsletter, then you have most likely experienced the death of a child or other close family member. It is very possible; in fact I will say it is most definitely a divine appointment that you are reading this. Why? Because God has led you to a place where you can "plug in" with your gifts and talents to help others and find great healing for yourself. You think you don't have any gift or talents that TCF can use? Oh, yes you do. You have a heart that knows how it feels to lose a child. That makes you uniquely gifted to help other parents and families.

Working with TCF is a win-win proposition for you. Pray about it. Attend some meetings with an open heart and mind. Meditate on the idea that we are at our best when we are helping others, and consider that there is unbelievable healing to be found by helping other bereaved parents. I look forward to meeting you and to seeing what God has planned for you through The Compassionate Friends.

*Dr. Sam Smith, Butterfly Ministry, TCF Tyler, TX  
ssmithkate@aol.com*

## Sometimes

Sometimes, something clicks, and with a tear of 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 there with you through it all.

*Kristen H., TCF Kenifield, CA*







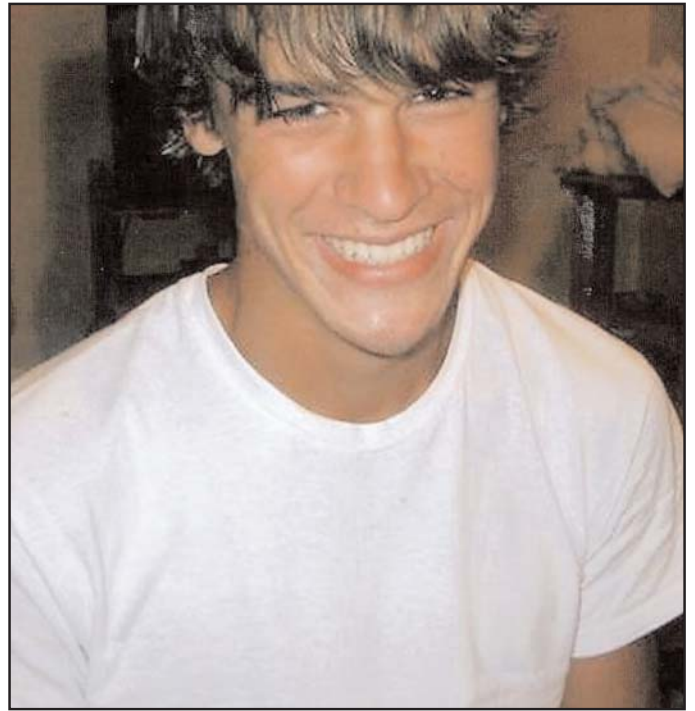
*We need not walk alone.*

“God inspires people to help other people who have been hurt by life, and by helping them, they protect them from the danger of feeling alone, abandoned or judged.” —*Harold Kushner*

**Chris O'Leary**

**In Loving Memory  
of Chris**

**Merri Walsh**



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

**Stacey Smith**

**In Loving Memory  
of Stacey**

**Kim & Sam Smith**



**This month's printing of our newsletter sponsored by Kim & Sam Smith.  
Call (903) 258-2547 to sponsor a monthly newsletter.**



*We need not walk alone.*

"I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars." —Og Mandino

## **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*

## **Flight of the Non-Bird**

I fly anxiously through time, pressing forward and  
flapping non-existent wings just to stay mid-air  
Hoping to arrive at my final destination before I am due.  
Rushing through I see nothing, but take care of  
the necessities of the day—air, food, water—whatever  
and whomever is there.

Ever so often I touch the earth and wonder if I will  
complete my journey surrounded by the rush of the  
wind around me

Or if my legs will finally stay on the ground and I  
will be forced to be a ground bird making my  
way slowly through time.

*Carol Thompson, TCF Tyler, TX*

## **Awkward Silence**

*A poem by Richard D., M.D., TCF Knoxville, TN*

I wish that someone would say his name.  
I know my feelings they're trying to spare,  
And so we go through the charade, the game,  
Of dancing around the ghost that is there,  
Trying to avoid evoking a tear,  
Or stirring emotions too painful to bear.  
That he be forgotten is what I fear,  
That no one will even his presence miss,  
As if there were no trace that he was here.  
By referring to him, my purpose is  
Not to stir pity or keep things the same,  
But my heart will simply break if his  
Memory will die like a flickering flame.  
I just wish someone would say his name.

## **In The Beginning**

*In Memory of Shawn, from Deb K.,  
Shawn's Mom, TCF Redlands, CA*

In the beginning we hurt so bad  
we can't even think straight.  
Our days and nights run together,  
as we cry out for relief  
from the pain that has  
seemed to swallow us whole.

That pain now accompanies us everywhere.  
There is not place we can hide.  
It has taken over our life.  
It knows our name.  
It knows where we live.  
It knows that our loved one has died  
and so do we  
sort of but not really.

We are still looking for them  
To walk in the door,  
To say our name,  
To reach over and give us a hug.  
With every day that passes  
Our longing for them grows.  
We do not want to believe that  
They died and are not coming back.  
That reality chases us relentlessly,  
Until one day their empty chair  
Speaks louder than our denial,  
And the wall begins to break  
Where we have hidden our heart.

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

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

Please make check payable to TCF

In memory of \_\_\_\_\_

**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





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

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*We need not walk alone.*



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