



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 15, Issue 3

Tyler, Texas

March 2014

Monthly Group Meeting

Tyler Area Meeting

3rd Monday of Each Month
1901 Rickety 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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Butterfly Release

Butterflies will be released in memory of all our children at the 2014 Compassionate Friends Butterfly Release set for Saturday, May 17 at 1:00 p.m. The setting for this uplifting and peaceful event will be the First Baptist Church South Campus, 17002 Highway 69 South in Tyler.

Live butterflies are for sale for \$10 each and must be reserved in plenty of time for ordering. Please send your check and reservation information to TCF at P.O. Box 9714, Tyler, Texas 75711. Reserved butterflies will be picked up for release the day of the event.

Colorful solid-painted wooden butterflies will be sold for \$20 each at the Butterfly Release; we are not taking special orders for personalized butterflies this year.

Silent auction items are being collected. If something catches your eye that you think those attending would enjoy bidding on, please consider donating. For donation information, please email us at info@tylertcf.org.

The Butterfly Release begins at 1 p.m. that Saturday but volunteers are needed and welcomed for either set-up work the Friday evening before, or beginning at 8 a.m. Saturday the day of the release. Please contact us at 903-258-2547 if you want to volunteer.

Enjoying refreshments and visiting with TCF friends and family after the butterflies are released is a special part of the day. If you would like to donate any finger food—cookies, chips/dips, small sandwiches, pickles, olives, cheese cubes, fruit chunks or veggies—any of your special favorites—please contact Carol Thompson at 903-539-0458! Cake will be served and bottled iced water will be available.

We look forward to seeing old friends and meeting new ones at the Butterfly Release! Your presence means everything to this very special event!

Photos from a Previous Butterfly Release



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.

“Grief comes as a teacher, whether or not you have signed up for the class.”
—Author Unknown

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

**The University of Texas at Tyler
Psychology and Counseling Training Clinic**
Located at the Bethesda Health Clinic
409 W. Ferguson, Tyler, Texas 75702 • 903-592-2348

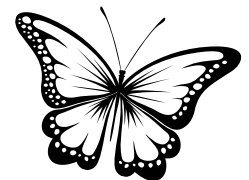
**Victim Services Division - Texas Department of
Criminal Justice - Online Resource Directory**
www.tdcj.state.tx.us/divisions/vs

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



Annual Butterfly Release

**Our Butterfly Release will be held May 17, 2014
at the First Baptist Church, Tyler south campus.**

**If you would like to help with this
beautiful and peaceful event this year,
please contact us online (tylertcf.org)
or call 903-258-2547.**





We need not walk alone.

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

Love Gifts



David & Susie Dorman in memory of Natalie Whitehead
Trish & Robert Taylor in memory of Alex Conway
Carol Thompson in memory of Sarah



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

Merri Walsh in memory of Chris O'Leary
Martha Lewis in memory of Burke
Tina, Johnathan & Heather Loper
in memory of Christopher
Carol & Shane Johnson in memory of Jared Sheets



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

Dale & Phyllis Cavazos in memory of Chad
David & Teresa Terrell in memory of Andy -
use of a storage building

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

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.

Visit us online at www.tylertcf.org

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.

You don't have to be a Steering Committee Member to meet with us on occasion to help assemble the newsletter or mail out thank you notes! Please join us!

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.

Plan to attend The Compassionate Friend's 2015 National Convention in Dallas!

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!





We need not walk alone.

"In spite of the bleak picture, our hearts do have the capability of healing, in due time. They may never work as they did before the tragedy, but they should be able to attain a level of functioning that we can be comfortable with. The key words are *in due time.*" —Karyl Chastain Beal

March Birthdays



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



Michael Schmidt
3-11-83 ~ 2-10-03
Son of Patricia Jeffery



Gary R. Gribble
3-3-85 ~ 6-29-11
Son of Carol J. Gribble



Tiffany Sue Hightower
3-31-89 ~ 5-12-06
Daughter of Donna Hightower



Joshua "Josh" Wilcox
3-17-77 ~ 9-7-08
Son of Melanie Wilcox



Colton Allen France
3-8-06 ~ 3-08-06
Son of Carla Howard



Lisa Tutt
3-20-87 ~ 7-30-04
Daughter of Steve & Sherri Tutt



Randy Joe Cannon, Jr.
3-26-84 ~ 11-6-05
Son of Randy Cannon



Andrea Young
3-15-56 ~ 2-1-97
Daughter of Roland & Jackie Young



Wadiya Adnan Bdah
3-7-09 ~ 3-13-09
Son of Catherine Bdah



Amanda Kay Stone
3-25-85 ~ 9-7-03
Daughter of Mary Kay & Glenn Stone



Ben Smith
3-01-88 ~ 7-21-06
Son of Charisse Smith
Son of Doug Smith



Toni Wood
3-10-79 ~ 9-29-03
Daughter of Tami Woolridge



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



Scott Bradshaw
3-26-69 ~ 7-19-06
Son of Bud Bradshaw



Danielle Celeste Yura
3-22-89 ~ 1-15-08
Daughter of Susie Hughes Fincher



Cathy Key
3-26 ~ 8-19-05
Daughter of Cindy Murray



Adam Grabill
3-6-74 ~ 7-23-83
Son of Beth Jones



Charles Bryan Meadows
3-18-80 ~ 1-19-03
Son of Charles & Lynda Meadows



Kenny Ivy
3-10-65 ~ 5-12-85
Son of JoAnn Ivy



Noah Boone Bridges
3-5-10 ~ 3-15-10
Son of Shannon Johnson



Jackson Huse
3-31-01 ~ 3-25-08
Son of Doug & Johna Huse



Jill Rozell
3-14-84 ~ 8-2-02
Daughter of Peggy Rozell



Jana Lauren Shearer
3-26-86 ~ 1-5-08
Daughter of Stephanie Shearer



Kathy Jo Tumminello
3-19-59 ~ 7-20-04
Sister of Susie Gorman



Brandon Krpec
3-27-79 ~ 2-11-05
Son of Larry & Debby Krpec



Jamye Marie Crawford
3-10-90 ~ 4-12-05
Daughter of Judy & Robbie Crawford



Sally Ryan Snodgrass
3-5-79 ~ 4-15-00
Daughter of Amy Ryan;
Daughter of Leland Snodgrass



Deanna Holcomb
3-13-73 ~ 4-19-05
Daughter of Pat Smith



Makenzie Shyanne Morehead
3-7-02 ~ 1-11-06
Daughter of Brian & Sheila Morehead





We need not walk alone.

"Even though we no longer have a physical connection with our daughter, our eternal connection will forever be with us. I reached a point in my grief that I had to say a final 'good-bye' to an earthly life with my child, but I NEVER had to say 'good-bye' to Kristen!" —*Deb Lee Gould*

March Birthdays Cont.



Tommy Jack Burchfield
3-21-74 ~ 8-21-99
Son of Jeannie Riddle



Dustyn Blake Sandifer
3-18-97 ~ 8-27-13
Son of Christi & C.J. Shirah



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



Neil Defenbaugh
10-20-81 ~ 3-27-04
Son of James & Dina Defenbaugh



Adam Knott
12-29-79 ~ 3-20-03
Son of Virginia & Bobby Knott



Kayla Smith
11-7-89 ~ 3-4-04
Daughter of Debbie Smith



Allen Price
4-11-77 ~ 3-29-04
Son of Deborah & Floyd Holcomb



Robert McMahon
7-18-72 ~ 3-6-92
Son of Dana Wright



Gary Dean Arnold
9-17-57 ~ 3-7-04
Son of Betty & Harold Arnold



Leo Cook
1-20-89 ~ 3-12-06
Son of Cecil & Cindy Cook



Phillip Kuhn
12-28-73 ~ 3-27-03
Son of Carolyn R. Kuhn



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



David Matthew (Matt) Morris
2-9-77 ~ 3-24-10
Nephew of Marla Plocheck



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



Douglas Johnson
9-24-97 ~ 3-18-05
Son of Doug & Shelly Johnson

March Anniversaries



Justin Bloxom
5-29-97 ~ 3-10-10
Son of Amy Bloxom Fletcher



Colton Allen France
3-08-06 ~ 3-08-06
Son of Carla Howard



Blythe Madison Harper
5-02-03 ~ 3-08-06
Daughter of Stephanie Joshua Harper



Amanda Valadez
1-29-82 ~ 3-16-10
Daughter of Charlene & Tony Spivey



Jeremy Kersh
4-30-86 ~ 3-25-07
Son of Brad & Debbie Kersh



Cory Blackmon
12-31-77 ~ 3-13-89
Grandson of Charles & Billie Bridges



Noah Boone Bridges
3-5-10 ~ 3-15-10
Son of Shannon Johnson



Randall Scott McDaniel
5-7-88 ~ 3-17-07
Son of Kathryn Webb



Jackson Huse
3-31-01 ~ 3-25-08
Son of Doug & Johna Huse



Joshua Washburn
9-23-82 ~ 3-26-89
Son of Kimberly Boswell



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



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



Wadiya Adnan Bdah
3-7-09 ~ 3-13-09
Son of Catherine Bdah



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



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

Continued on next page.



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*

March Anniversaries Cont.



Maryn McIntire
4-25-60 ~ 3-10-13
Daughter of
Margaret Hall



Irish Faye Haggerty
10-5-56 ~ 3-25-57
Daughter of
Dinah Haggerty



Kyle James Horn
9-23-91 ~ 3-26-12
Son of
Julie Diaz



Dylan Prichard
1-9-96 ~ 3-28-11
Son of Robert
Prichard, Jr.



The Compassionate Friends is for Sharing

Many people may think that meetings of The Compassionate Friends consist of bereaved people who sit and cry most of the evening, but that is certainly a misconception. It is normal to shed tears as we talk about our child's death, and we would expect a newly bereaved person to cry. We understand that completely. But we don't just sit and cry. Would you believe that most of the time we spend in our sharing group circle we may enjoy hearing others' stories about their children, or even sharing our own? Our meetings are usually about our memories, our questions and also telling what has helped us to cope with it all. We all have ideas that we share with others in the hope that they may reach a point of "good memories" instead of bad memories of the child's death.

A support group should be very comforting and welcoming to those who attend and should always have non-judgmental members. We are less concerned at how the child died (even though we do care) and we are more concerned that we be there for the parents, siblings or grandparents who need us. They have a desire to talk and share about their loved one. We want to let them lean on us in their time of pain, just as we had others before us who let us lean on them. It does come full circle.

Jackie Wesley ~ TCF, East Central Indiana & Miami-Whitewater Chapters

Reflections

With the death of my sister come some painful realizations; that life isn't always fair or predictable; that sometimes even my best still isn't good enough; and that from the day of her death, the happy events in my life would always be tinged with sadness.

Despite the pain and loss, death has also left me with some valuable lessons and precious gifts. As a result of my sister's death, I have a greater appreciation of life and a greater compassion for those who hurt. I have learned to be a survivor and to have a successful career and productive life in the face of tremendous grief and loss. I have been gifted with good friends and special people to help me through the rough times. But most of all, I have been given the gift of time—time to heal and time to replace those painful memories of death with priceless memories of my sister's life.

Cathy Schanberger

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





We need not walk alone.

"It has been said, 'time heals all wounds.' I do not agree. The wounds remain. In time, the mind, (protecting its sanity), covers them with scar tissue and the pain lessens. But, it is never gone." —*Rose Fitzgerald Kennedy*

Quiet Courage

I have seen much courage in my life. Many types of bravery have inspired me. I am astonished by the courage of the elderly widow who buries her husband, quietly sells most of her personal belongings, furnishings and home and moves into a tiny apartment so that she can survive until death takes her, too.

I am distressed by the youthful courage demonstrated every day by soldiers who were high school kids heading for homecoming last year but who now serve in dangerous, hostile places fighting an enemy who is invisible in the crowd. The law enforcement memorial in Washington, D.C., speaks of the many brave men and women who have made the ultimate sacrifice in the line of duty to keep anarchy at bay. The EMS and fire fighting people who hold strong to tradition and put themselves in harm's way each day to save others amaze me with their dedication and devotion to duty.

The single mother who works two jobs, raises her children, cares for them in times of illness, keeps a home, cooks, cleans and still finds time to bake cookies for the PTA fundraiser is a heroine who is doomed to remain faceless and unknown. Yet the courage to start each new day in the hope of making a better life for her children drives her forward.

There are all types of courage in this life. All are impressive, all are worthy of praise and all set standards for us to emulate.

But the deepest, most compelling courage I have seen in my life is that of the parent who has lost a child to death. Each has experienced total helplessness and real physical pain in their loss. Raw in their grief, they join our Compassionate Friends group. I am struck by how weakened in spirit these parents are, how tenuous their hold on sanity must surely be. Yet these parents quietly enter our meeting room and face the unknown with tears in their eyes and tremendous weight in their hearts. Their world is upside down, their children have died and the pain and loss seem insurmountable. They have been snatched out of their former reality and slammed into the depths of hell by a cosmic force more intense than a tsunami. These moms and dads who have lost their beautiful child listen quietly as others talk of children who have lived for years in their parents' hearts. Each parent tells a story, each voice breaks, each heart breaks as a lost child's name echoes in the quiet room. The courage to acknowledge and face this new reality and look for hope in the midst of this infinite despair is a pure wonderment.

What pain is in this room? What deep, agonizing loss is systemic within this group? What will I say? How can I relate when I cannot even remember what day it is? How can I go on for one more day? These are the agonizing feelings of the newly bereaved parent. The Compassionate Friends meeting is the place they have chosen to begin their journey into what they perceive as a hideous, horrible, dark and unknown future. Yet their courage to face this, the greatest loss any human could possibly endure, is extraordinary. The power of the mind to begin to see reason, to begin to seek hope, to climb this mountain of trauma and travail cannot be overstated. This power is pure courage, raw courage, desperate courage, but courage in its purest form.

Each meeting brings the dread of facing the reality of their child's death. Yet the parents who have lost so much return to talk, to listen, to understand, to move into the light of hope. Gradually an understanding develops. Slowly each parent learns we must continue to live and honor our child. They light candles, visit cemeteries, fund scholarships, write poetry, raise funds to help others.all in memory of their precious children. They reach out to other parents who are newly bereaved, listening, talking and listening again with their hearts. Occasionally they smile. Then one day they laugh. The journey is long, the grief work is difficult, the pain is forever, yet they keep on moving forward into the light. There are no medals, no press releases, no television appearances, no accolades, no parades. The deepest, soul-permeating, life changing and amazing courage is found here. As I look at my Compassionate Friends I am awe-struck by the rare and quiet courage that fills this room.

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





We need not walk alone.

“To spare oneself from grief at all cost can be achieved only at the price of total detachment, which excludes the ability to experience happiness.”
—Erich Fromm

The Mantel of Suffering

I fear I do not wear the mantle of suffering well. Few take on such a mantle willingly. Some wear it with grace, dignity, and courage. I might wish I were one.

I seem to wear it more with resentment, with self-pity, with bitterness, with demolished faith, and with awkwardness.

While our focus at The Compassionate Friends is on those who have lost a child, sibling, or grandchild, there are other mantles of suffering. I admire Morrie Schwartz, the professor whose endurance of ALS inspired the book Tuesdays with Morrie. I admire Elizabeth Edwards, who courageously coped with the death of a treasured son, breast cancer, and a colossally and publicly unfaithful husband. I admire J.R. Martinez, the soldier in Iraq who suffered serious burn injuries and went on to win Dancing with the Stars.

There are many people it has been my privilege to meet through TCF whom I admire. Mothers and fathers who have lost their treasured children and who have found ways to create different lives, but ones still filled with meaning and purpose. They may write books or conduct workshops or sing songs or lead groups or simply offer a comforting embrace to others suffering similarly.

Those are the people who tell me, "Be easy on yourself. Be gentle. Give yourself time. You just have to endure the present." I hope they are right. Because, right now, I am not wearing the mantle of suffering well.

Peggi Johnson, TCF Arlington, VA



Alex Conway

2-29-92 ~ 4-28-10

Our beautiful, outgoing, smart, loving dear sweet Alex...

You may be gone but you will never be forgotten. With your beautiful smile and your "signature" bow in your hair.

Love you from the trees to the sky and back again.

Ponch & Mom



Sarah Thompson

1-3-81 ~ 9-8-05

Always remembering the love, the light and the laughter that you brought into our hearts and lives.

Love,

Mom

Thanks to Trish & Robert Taylor and Carol Thompson for their continued monthly donation to TCF of Tyler.





We need not walk alone.

“This is the fall that gives wisdom, perspective, gratefulness. It is worth the crawl back to life.” —*Judith Pordon*

Trial by Fire - 9 Tips for Grieving Couples

by Lisa Church

You will often hear that grief and loss bring couples together, but it can actually do just the opposite. It is possible to emerge on the other side of grief with a closer marriage, but it does take work.

- 1. Give each other the freedom to grieve in an individual way.** Resist the temptation to feel that your way is the only way to handle loss. Do not be fooled if it seems that your spouse has not been affected by the loss.
- 2. Remember the good times.** Think about activities you enjoy as a couple and make time to do them- even if you do not feel up to it yet.
- 3. Expect tough times.** Be tolerant with your mate and understand that you are both going to fail each other during this turbulent time.
- 4. Do not lash out at one another.** In a weakened state of grief, this will only push you apart. Find constructive ways to release the stress and anger of grief.
- 5. Prepare for change.** Loss and grief change people and it will change the face of your marriage. Decide together that this trial will bring you closer and commit to your relationship.
- 6. Reach out.** Resist the urge to spend time away from your mate or reach out to others who better understand your grief.
- 7. Avoid placing blame.** Tossing accusations at your spouse will only place a wedge in your relationship. Understand that feelings of guilt, anger, and confusion are normal during this time.
- 8. Love each other.** Be sure to offer the hugs, cuddling, and love that each partner needs to feel secure and supported. Be sure to resume your physical relationship as soon as possible.
- 9. Seek information and support.** Educate yourselves on grief and try to understand one another. If you are having difficulties resolving your grief as a couple and you feel your marriage is in trouble, get help immediately! Do not wait until it is too late to seek help.

There are no easy answers for couples dealing with pregnancy loss. It is crucial that you make the decision to put your marriage first and then do it!

Lisa Church is author of [Hope is Like the Sun: Finding Hope and Healing After Miscarriage, Stillbirth or Infant Death.](#)

In loving memory of
Dustyn Blake Sandifer
Son of
Christi & C.J. Shirah



In loving memory of
Lisa Marie Tutt
Daughter of
Steve & Sherri Tutt



In loving memory of
Danielle Celeste Yura
Daughter of
Susie Hughes Fincher




In loving memory of
Justin Bloxom
Son of
Amy Bloxom Fletcher



In loving memory of
Amanda Michelle Valadez
Daughter of
Charlene & Tony Spivey



In loving memory of
Randall Scott McDaniel
Son of
Kathryn Webb



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



We need not walk alone.

"We will never be apart whilst you dwell in my heart." —*Faye Kilday*

After Their Death

by Judith Pordon

You might be covered
by eyelids closed
over your whole being,

or reach with desperation
for something alive
to hold onto.

Your fingertips will hide
in a fist. No more palms
open to life.

Humbled, the very ground
will seem so large. Someday
the earth will own you.

Or you see there's no time
to waste, and plow
into previously feared goals.

Try to be patient
if it takes you years
to return.

This is the exit from Eden,
when you have chosen life
while wanting to die.

This is the fall that gives
wisdom, perspective, gratefulness.
It is worth the crawl back to life.

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.

Diane Fields ~ TCF, Westmoreland, PA

Irish Poem

I'd go with you if I could

Though I'm time worn

And spent with sorrow

I'd go with u if I could

And when you'd look at me with love

I'd shed my dress of despair

And blossom

I Saw You Today

I saw you today in the sunset.

You were a beautiful mixture of pink and orange.

I was amazed at your beauty.

All I could do was stare.

I saw you today in the clouds.

You floated and danced in the wind.

You briefly covered up the sun,
And I saw your shadow on the mountains.

I saw you today in a rainbow,
Through a tiny window of the airplane.

As we turned and you were gone,
Your brother reminded me that you're always with us.

I saw you today everywhere I went.

You were the little girl at the park,
You looked at me through Daddy's eyes at dinner time,
Your light burns brightly in the candle on our dinner table.

I saw you today.

I'll see you tomorrow.

I'll hold you in Heaven.

Kara Newland

M.i.s.s.i.n.g Angels, Sept/Oct 2004, Vol 8 Iss 5

In loving memory of Maia Grace Newland

January 17, 2004

**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



THE COMPASSIONATE FRIENDS

P.O. Box 9714
Tyler, Texas 75711



We need not walk alone.



www.TylerTCF.org

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