



THE COMPASSIONATE FRIENDS



We need not walk alone.

Volume 13, Issue 10

Tyler, Texas

October 2012

Monthly Group Meeting

Tyler Area Meeting

Monday, Oct. 15, 6:30 p.m.
3600 Old Bullard Rd., Bldg. 1,
Ste. 101B, Tyler

Jacksonville Meeting

Tuesday, Oct. 2, 6:30 p.m.
Sam Smith's office, 1401 E. Rusk

Lufkin/Nacogdoches Area Meeting

Thursday, Oct. 18, 6:30 p.m.
Southside Baptist Church
1615 Tulane Drive in Lufkin

Contact

Phone: (903) 258-2547
www.TylerTCF.org • info@TylerTCF.org
P.O. Box 9714 • Tyler, TX 75711

Chapter LeaderTina Loper
Meeting Facilitators Tyler
Don & Leslie Dixon, Cheri Zucca
Meeting Facilitators Lufkin
Lauri Maner, Bill Ottesen
Newsletter/Web SiteMary Lingle
Steering Committee: Sam Smith,
Carol Johnson, Carol Thompson,
Mary Ann Girard, Cheri Zucca, Mary
Lingle, David & Teresa Terrell, Janet
Majors, Don & Leslie Dixon, Kathy
McKinney, Margie Newman,
Pat Settle, Lisa Schoonover

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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Halloween Memories

Most children enjoy Halloween, the costumes, the candy, the parties, trick or treat, the decorations and so much more. My son looked forward to Halloween with great anticipation. Until he reached the fourth grade, Todd was happy to pick out a costume at the discount store—usually the current movie or television monster.

He came home from school in fourth grade and told me that there was going to be a costume contest and he really wanted to have a unique costume. I asked him what he wanted to be, and I will never forget his response: "I want to be a vampire, Mom. A really cool vampire." So, I talked to a friend of mine who was into stage production, and we went to her house the night before the contest.

She had a vampire cape, a vampire body suit, a vampire collar and great makeup. Todd loved it. My friend stopped at the house early the next morning and applied the makeup and did the finishing touches on Todd's costume. He looked just like the vampires in the movies, He was so pleased. He really wanted to win first place in his class. I dropped him at school and told him to have a wonderful time. He was elated.

As the day progressed, I wondered how he was doing. He had never wanted to win a prize before; what if he didn't get first place in his class? I worried about him, knowing that his feelings were easily hurt by cruel children and sometimes by cruel teachers. He called me at 3:30 to let me know he was home. I could hear excitement in his voice, and I asked him how he did.

"Mom, you won't believe this," he said in a serious, low toned voice. "What happened?" I asked, now wondering about the day's events. "I won first place, Mom. First place in the whole school. I can't wait for Halloween. Wait till Grandpa sees me. He won't even recognize me. I even got a certificate for first place—I'm putting it up in my room." I was so happy that tears welled in my eyes. My son had tried his best, and he had won. He had put himself out there and he wasn't disappointed, disillusioned or discouraged.

That was the first of many accomplishments in my son's life. He went on to win in track in high school, restore a 1965 GTO from the ground up and receive numerous trophies and awards. He attained his BS and MBA and was successful and respected in business. He was a great father to his children, and his love for them was very deep. He never hesitated to tell them he loved them and how proud he was of them. He was a wonderful parent. He was always an amazing son. His death left a scar on my soul and a hole in my heart.

But his first success is forever in my mind. The little certificate which he brought home and hung on his bedroom wall is a treasure of his wonderful childhood. Halloween is still a happy holiday, and it is one of the few which I enjoy. I thank my son for that and for all the joy he gave me in his short 35 years of life.

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

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.



We need not walk alone.

"The true lifesavers in my grief journey are those small surprising occurrences that often go unnoticed. When memories arrive on beams of joyous sunlight, I'm learning to take notice, to savor, then stock pile the simple pleasures that somehow appear in spite of heavy days." —Carol Clum

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 of Tyler, Texas
<http://www.tylertcf.org>

Compassionate Friends (national home page)
Also offers grief support for **siblings** and **grandparents**
<http://www.compassionatefriends.org>

Children Are A Gift Foundation
<http://www.childrenareagift.com>

GriefShare
<http://www.griefshare.org>

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

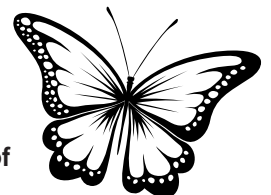
Smith County Victim Services Division
<http://www.tdcj.state.tx.us/divisions/vs/counties/smith.html>

The Hospice of East Texas
<http://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

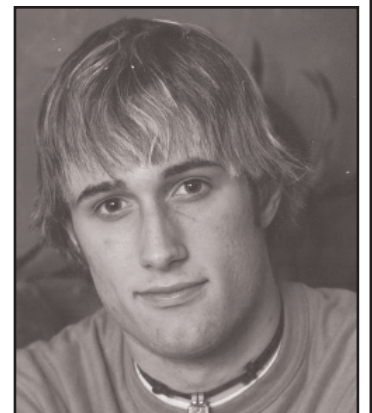
Touched by Suicide (local)
<http://www.touchedbysuicideeasttexas.org>

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



This month's printing of our newsletter sponsored by Bobby & Jean Gimble.

In loving memory of
Cason Gimble
10-21-86 ~ 9-9-06
Grandson of
Bobby & Jean Gimble



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



We need not walk alone.

“Only after we have walked down the long road of grief and can look back, remembering those early days and weeks, can we see we really are not on square one again. We have just slipped backwards for a time. That is all. Allow yourself that, and then strive forward again. It takes time, a lot of time!” —Mary Ehmann

Love Gifts



- Merri Walsh in memory Chris O'Leary
- Don & Leslie Dixon in memory of Austin
- Lori Symes in memory of Emily Ellis
- Martha Lewis in memory of Burke
- Mary Skinner in memory of Matthew
- Mary & Erin Lingle in memory of Candice

Tree Fund Donations

(See page 6 for more information.)

- Victor & Margie Newman in memory of Jeremy
- Don & Leslie Dixon in memory of Austin
- Lori Symes in memory of Emily Ellis

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
- Jim & Cheri Zucca in memory of Leah
- Martha Lewis in memory of Burke
- Tina, Johnathan & Heather Loper in memory of Christopher
- Carol & Shane Johnson & Touched By Suicide in memory of Jared Sheets



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

- Claudette Brown in memory of Terry Wayne
- Dale & Phyllis Cavazos in memory of Chad
- Sam Smith in memory of Stacey - use of his office for the Jacksonville meeting
- David & Teresa Terrell in memory of Andy - use of a storage building

Announcements

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 3600 Old Bullard Rd., Bldg. 1, Ste. 101B in Tyler. For more information, please call 903-258-2547 or email beachbum2201@gmail.com or lilbluebutterfly6@gmail.com.

Jacksonville TCF Meeting: The meeting in Jacksonville is held on the first Tuesday of the month, 6:30 p.m., at Sam Smith's office, 1401 E. Rusk, Jacksonville. For more information, please email beachbum2201@gmail.com or lilbluebutterfly6@gmail.com, or call 903-258-2547.

Lufkin/Nacogdoches Area TCF Meeting: The meeting for the Lufkin and Nacogdoches area is held on the third Thursday of the month, 6:30 p.m., at the Southside Baptist Church, 1615 Tulane Dr. in Lufkin across from the LiveWell Fitness. Contact Bill Ottesen at 936-634-6422 or Lauri Maner at 936-854-2002. You may also email them at CompassionateFriends4lufkinnac@yahoo.com.

10th Annual Day of Remembrance: The Children's Park of Tyler will sponsor the 10th Annual Day of Remembrance Saturday, October 27, 2012, at 10:30 a.m. Registration begins at 9:30 a.m. (See page 6 for more information.)

The Touched by Suicide meeting is held the second Tuesday of the month at 6:30 p.m. The meeting will be held in the same, new location as TCF, 3600 Old Bullard Rd., Bldg. 1, Ste. 101B in Tyler. Anyone who has lost someone they love to suicide is welcome to attend this peer support group. For more info please call 903-330-0678 or visit www.touchedbysuicideeasttexas.org.

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.

This month's printing of our newsletter sponsored by Don & Leslie Dixon and Lori Symes.



In loving memory of Austin Dixon. Love, Mom & Dad, Don & Leslie Dixon



In loving memory of Emily Elizabeth Ellis, with precious memories and love ~ Mom, Lori Symes

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

Special thanks to Deb Sandlin of Atlantis Computer Solutions for helping us get our computer on the Internet at the TCF office.
www.atlantiscomputer.net • 903-593-4094



We need not walk alone.

"For some, these feelings will last for years, while for others, anger and guilt will be fleeting as other emotions dominate. As our grief softens over time and we come to understand and accept its complexity, perhaps, in the end, we should not be surprised at the intensity of our feelings. After all, they are only a minute reflection of the intensity of our love." —*Bill Ermatinger*

October Birthdays



Cindy Dingler
10-18-57 ~ 9-6-99
Daughter of
Lynda Hanna



Marshall Charles Donahue
10-18-65 ~ 5-18-00
Son of
Joyce Neely



Joey Moore
10-30-79 ~ 10-4-98
Son of
Sarah Dolan



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



Jeremy Mark Lawler
10-25-73 ~ 4-19-97
Son of Mark &
Sue Lawler



Brittany Butler
10-4-84 ~ 1-21-01
Daughter of
Shelly Butler



James Brady Langston
10-13-96 ~ 2-15-01
Son of Jamie
Langston Dacus



Kendrick Clark
10-21-87 ~ 5-10-11
Son of
Jan Dickerson



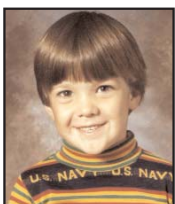
Patton Ross
10-1-83 ~ 8-15-10
Son of
Dorothy Ross



Sandi McLain
10-20-93 ~ 8-9-04
Granddaughter of
Sandy White



Austin Dixon
10-20-88 ~ 2-19-07
Son of Don &
Leslie Dixon



Richard Heerdt
10-31-76 ~ 2-22-81
Grandson of
Lawrence Batte



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



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



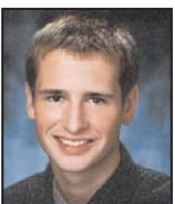
Trey Dobbs
10-20-02 ~ 7-20-71
Son of
Debbie Johnson



Suzie Gorman
10-9-51 ~ 1-14-07
Spouse of
Onie Gorman



Rosa Linda Serrano
10-7-08 ~ 10-07-08
Daughter of
Sunee Savage



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



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



Jessica Maureen Nix
10-23-76 ~ 4-19-11
Daughter of
Meredith Nix



Bonnie Lee Benson
10-28-68 ~ 1-23-11
Daughter of
Cheri Oswald



A.J. Huggins
10-15-70 ~ 11-14-08
Son of
Sue Langdon



Clayton Norton
10-17-75 ~ 1-1-76
Son of Ronnie &
Dottie Norton



Allison Carson
10-29-92 ~ 7-5-93
Granddaughter of
Phil & Ann Brown



Cason Gimble
10-21-86 ~ 9-9-09
Son of Lynn &
Kalisa Gimble



J.D. Adams
10-29-81 ~ 10-31-08
Son-in-Law of
Regina Davis



Loren Saunders
10-4-94 ~ 1-18-11
Daughter of
George Saunders



Shellae Vicknair
10-13-82 ~ 1-18-09
Daughter of
Vera Vicknair



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





We need not walk alone.

"Regardless of what you are feeling, you can be certain someone else in the room has dealt with the same problem. We welcome discussion on both negative and positive subjects. Many times we have to deal with the negative side of grief before it can become positive. Come share with us. We care." —Marie Hofmockel

October Anniversaries



Stacey Smith
9-8-72 ~ 10-4-88
Daughter of
Sam Smith



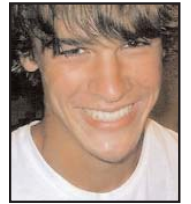
John Patrick Carnahan
4-17-65 ~ 10-13-03
Son of Rod &
Shirley Carnahan



Aaron Sullender
5-16-90 ~ 10-18-11
Son of
Brenda Turner



Rosa Linda Serrano
10-7-08 ~ 10-07-08
Daughter of
Sunee Savage



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



Joey Moore
10-30-79 ~ 10-4-98
Son of
Sarah Dolan



Kathy Robertson
4-23-57 ~ 10-23-01
Daughter of
Carolyn Love



Christopher Bullock
2-2-90 ~ 10-10-11
Son of Chip &
Rachel Bullock



Janet Florey
1-7-79 ~ 10-28-11
Daughter of
Peggy Cooper



Mikel Conway
11-17-57 ~ 10-11-01
Son of Viola Conway
Brother of Margie Newman



T.J. Anderson
2-8-77 ~ 10-5-09
Son of Ron
& Mona Anderson



Wade Goetze
11-29-76 ~ 10-28-01
Son of
Charlotte Nelson



Sean Smith
2-2-87 ~ 10-27-01
Son of Randy
& Judy Smith



Bill Bouslog
11-30-99 ~ 10-13-00
Son of
Jack Bouslog



Alexander Johnson
1-5-06 ~ 10-30-08
Son of
Candice Johnson



Cory Wayne Channon
8-17-78 ~ 10-19-09
Fiancée of
Lauri Dillman



J.L. Adams
7-6-85 ~ 10-26-08
Nephew of
Vicki Adams



Erica Smith
12-21-88 ~ 10-25-03
Daughter of Todd
& Sabrina Thoene



Jake Schoonover
9-15-88 ~ 10-29-08
Son of
Lisa Schoonover



Jacob Mikal Burrell
1-16-96 ~ 10-5-11
Son of
Jamie Johnson



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



Amanda Claire Miller
9-11-54 ~ 10-17-09
Daughter of
Joanne Williams



J.D. Adams
10-29-81 ~ 10-31-08
Son-in-Law of
Regina Davis



Madeline Joy Kearney
7-15-86 ~ 10-6-05
Daughter of Melody
Kearney Burnett



James Lee Lary
4-20-83 ~ 10-30-05
Son of Elgin
& Ann Lary



Alyssa Kathryn Crim
8-17-07 ~ 10-8-07
Daughter of
Ashley Crim



Robert Ryan White
2-26-85 ~ 10-1-03
Son of
Bethany White



Leon Wayne Lasiter
04-16-71 ~ 10-27-91
Son of Jim
& Pat Lasiter



Hanna Olivia Collie
8-30-04 ~ 10-25-09
Daughter of Jason &
Amanda Collie





We need not walk alone.

“We do heal. We do learn to live again. We are not the same person as we were before but in time each will find a new normal. Patience to let time and grief work to help us heal is the path to knowing we will survive.” —Gerry Hall

To All Bereaved Parents

I am a recovering bereaved parent. I was a parent by choice. One of my children died; I became a bereaved parent, certainly not by choice. As I tried to recapture the security of what was, after many agonizing months, I would always hurt and miss my dead son, and that, ultimately, only I could be responsible for recovering this hateful disease called grief.

I had to make the choice of being a bereaved parent or a recovering bereaved parent. I chose the latter. I sometimes fall off the wagon, and I know that I always will. The love of my child will never leave me, but thank God for being a recovering bereaved parent.

It does take time, however, so don't give up on yourself. It may take more or less time for some others. Be patient.

Eunice Guy, TCF, Atlanta, GA

Do You Know?

Do you know what I've learned, that the deepest, truest healing offered by The Compassionate Friends comes not in the first few years, but later.

Do you know that just when you think there is no more to gain by coming to meetings, something you will say or do will help another and another—and exponentially, through your opened heart, there can flow riches, gifts beyond imagining?

Do you know that TCF's truest alchemy lies not in what we can get but what we can give? That by turning grief's dark energy and inner absorption outwards towards the Hope of helping others we can regain a sense of purpose, honor our beloved children, and take them with us as we do?

All this—if only you stay on—or come back to help those more newly bereaved, sharing your own unique path through grief and learning, along with others, what you did not know you know.

Genesse Bourdeau Gentry, TCF, Marin Cty, CA

10th Annual Day of Remembrance

The Children's Park of Tyler will sponsor the 10th Annual Day of Remembrance Saturday, October 27, 2012, at 10:30 a.m. Registration begins at 9:30 a.m.

The event is “a special remembrance ceremony for anyone who has been touched by the loss of a child.” Admission is free.

The Children's Park of Tyler is located at 4828 South Broadway close to the Tyler downtown area.

Please pre-register your child's name at childrensparktyler.org or by calling 903-939-1597. T-shirts with your child's name are available through pre-registration only.

The City of Tyler is promoting a tree initiative for the next few years. The TCF Tyler steering committee discussed this idea and thought planting a tree is a beautiful way to honor our children. The tree will cost \$300 and will be planted near the Rose Rudman or South Tyler Trail. The specific location is undecided. We will also purchase a granite marker to place with the tree at a cost of \$250.

The tree planting will happen toward the end of November and we will invite media to the planting.

Please contribute as little as a dollar to honor your child, grandchild or sibling.

Visit www.tylertcf.org to make an online donation or mail checks payable to The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, Texas 75711.





We need not walk alone.

"If only they knew the feeling of deep grief, the emptiness, the dull pain, the endlessness of death. If only they understood the insanity of the platitudes so freely spoken—that 'time heals,' that 'you'll get over it,' that 'it was for the best,' that 'God takes only the best,'—and realize that these are more an insult than a comfort, that the warm and compassionate touch of another means so much more." —*Jan McNess*

The Room

I began to think about my son's room and how parents often struggle with what to do with a child's room and belongings after a child dies. This decision may be more compounded if your child still lived at home, but living at home or not, most of us confront the decisions of how to handle our child's possessions. There are different thoughts on how to handle the physical items left behind; do we give them away, store them in a box, share them with friends or family or just leave them be. Whatever the choice—the answer lays in what brings you peace.

It has been 857 days since my son's death. While we've not kept his room exactly as it was, mostly it is unchanged. My sister made a quilt from some of his clothes and that now adorns his bed, we added a bed side table and removed a cabinet. A painting of his beloved river given to us by the mother of his friend hangs on the wall. But, his clothes are in the chest of drawers, his things still about the room, the proverbial "junk" drawer still sits un-pilfered by our hands. I know there is a chocolate Santa Clause in there and photos from a middle school field trip, a crazy pen from his grandma, notes from his girlfriend and an old phone. I'm not ready for any of that, not at 857 days.

I decided it was ok to leave it be, to allow his room to be there as before. Why should I change it, I see no need. Some days it's a comfort to go in there, some days I avoid like the plague with the fear of unrelenting tears. Some days I pull open the shade and let the light shine through, some days I leave it dark and cool. Simple acts bring startling memories of him and in my grieving the way they hit me changes from day to day. Today, the blinds are open and I can smile at his handsome face. Tomorrow, well, tomorrow will be what tomorrow will be.

The Room

I walk by your room many times a day; it's the place of all my lost dreams. The bed still sits as it was that fateful day. The dresser with a photo of you and her, the one you loved. Cologne bottles sitting there, three dollars placed under a rock, guitar picks, capo, one yellow 20 gauge shot gun shell and a sea shell. The guitars are on the wall, hanging as before—only longing to be held and strummed by you.

The shelf is there with all your things...ticket stubs from your last concert, your bible, photos of you racing your motorcycle, the books we read when you were small, Blueberries for Sal and Dr. Seuss. The harmonica, pocket-knives, the collectable die cast cars, a howling wolf atop a box that I set there not long before your accident and of which you heartily approved and a carved and brightly painted little wooden fish.

The things of a boy's life are sitting here; a boy growing into a man, yet not quite there. You were still attached to mom and dad yet yearning to be free. All was taken on that fateful day, all your freedom, all your dreams, it just went away.

I wonder sometimes what to do with this room I pass by every day. This place of your existence for so long, the place you held your deepest secrets and shared with friends your thoughts and dreams. The place where you and I would sit and talk, mother to son...if only for the allotted minute or two. The scratches on the floor, the once newly painted walls that boast the little fish you caught with grandpa when you were seven and the trophies you won when racing.

I wonder some days what to do with this room; this room that holds my memories of when you were here. I've no cause to move it or change it; there are no more children here. This room I'll keep for you, as a vessel of your being here and for all my hopes and dreams.

Marian W. Lambeth

TCF Tallahassee, FL

In Memory of my son, Wyatt Lambeth





We need not walk alone.

"The Compassionate Friends meeting won't make the pain go away, but it is a place where you can honestly and truly believe when someone says, 'I know how you feel.' They mean it and their eyes prove it." —Janice Lopez

A Time to Say Goodbye "Mary's Song"

For each of us there comes a time to say goodbye.

We're not ready, we're never ready.

How can we be ready when someone we
love is quietly slipping away?

It takes untold strength to endure this final battle,
to be brave and to gently smile while grasping
that one final touch, one last kiss,
that one last time to say I Love You.

The time to say goodbye always
appears seemingly out of nowhere.

Like a mist that forms silently over the ocean,
it envelopes us softly, completely
with every emotion we know.

And, in that instant, our world is forever changed,
never to be the same and always unfamiliar.

This passage, this enormous struggle between our
hearts and our minds is painful beyond anything imaginable.

And yet, we know we must complete
this final heartbreaking chapter
once it is inevitable that we have no other choice.

Our minds become flooded with
all the memories that we hold dear and
we pray we will never lose a single one.

Every tiny breath, every subtle movement, everything
is captured in our hearts to be replayed over and over again.

A life shared, treasured, and full of joy culminates
in a few sacred hours of not knowing whether to self-ignite
and disappear or stand unwavering like a human stone.

Only the movement of our tears
reminds us that we are still alive.

A heart full of love always chooses the more difficult path,
the one that possesses our souls and is our final memory.

In the end, it proves to be our way to survive,
to honor and one day... to heal.

We don't know this at the time but deep within our hearts
we seek the promise of unspoken absolution.

A time to say goodbye does come for each of us.

Only those who love in the purest form
and live to the highest standards
will walk in tandem on that final journey. We bear the heavy
weight of sadness in knowing we will be left behind.

We muster our strength, wipe
away our tears and ever so tenderly
allow the angels to return home
bearing their newest gift to God.

A time to say goodbye, once
experienced, lives in our hearts forever.
While we cherish, and grieve,

and remember our loss, we know
with every passing hour, that we
become closer and closer
to our time to say hello.

Dedicated with love to my friend, Mary, October 2010

Rose Trospen, ©2010

*The author wrote this for her friend Mary after Mary's 23-
year-old son died in a tragic accident. Permission has been
graciously given by the author for TCF chapters only to
reprint this poem in chapter newsletters.*

Halloween

It is here, this day of merriment
and children's pleasure.

Gremlins and goblins
and ghosties at the door
of your house.

And the other children
come to the door of your mind.

Faces out of the past,
small ghosts with sweet, painted faces.

They do not shout.

Those children
who no longer march laughing
on cold Halloween night,

they stand at the door of your mind—
and you will let them in,

so that you can give them
the small gifts of Halloween—
a smile and a tear.

Sascha Wagner

*©The Compassionate Friends
WINTERSUN*

I'm Beginning

I'm beginning to know your children
From the things I heard you tell.

From the pictures that you've brought here
I think I know them well

Our hurt and sorrow are immense

I'm not sure where to start.

Compassion after all is

Your Pain in my heart.

My thanks to you for listening

To words wrung from my soul.

We are The Compassionate Friends
That's all I need to know.

*Jack Brown
TCF Louisville*



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



"I don't think you ever stop giving. I really don't. I think it's an on-going process. And it's not just about being able to write a check. It's being able to touch somebody's life." —Oprah Winfrey



THE COMPASSIONATE FRIENDS[®]

P.O. Box 9714
Tyler, Texas 75711



We need not walk alone.



www.TylerTCF.org

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