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Volume 17, Issue 6

Tyler, Texas

June 2016

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

Co-Chapter Leaders..... Cheri Zucca & Trish Mann Taylor SecretaryTrish Mann Taylor Newsletter/WebsiteMary Lingle Tyler Meeting Facilitators: Leslie & Don Dixon

Steering Committee: 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, Barbara Barton, Heather Ogg

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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A Father's View of The Compassionate Friends: Courage, Surprise, An Understanding

Attendance Requirement: Courage

I don't think I am unique. I did not want to attend a meeting of Compassionate Friends. I was coerced by my wife. It was subtle but effective. My son, on the other hand, made a devil's deal; he agreed to go to the next meeting in exchange for a favor—his debt some weeks away. The thought of discussing death nauseates me. We, my son and I, had made a bad deal.

The Meeting: A Surprise

I was surprised to find I was not the only man to have lost a child. There was a reality to that recognition. My loss, not unlike yours, is a personal matter. No one can tell me how I feel or how I ought to feel. Yet, the group never made me feel guilty about my selfishness; they understood.

The Result: An Understanding

Compassionate Friends is not an efficient organization. There are no systems, no quick, easy cures. Grief is a catharsis. Most of what you hear here you will dismiss; it will not apply to you. But, there are nuggets—small ideas you will want to try or things you will want to think about. Some you will try. Many you will discard. Only a few will help the pain. These, you will treasure. Your friends and associates may try to understand your grief and try to help. They can do neither. They don't understand. The people at the meetings do understand. And they try to help. My son felt he had gained little from the meeting. Yet, he left feeling he had helped someone else deal with his grief. What a marvelous satisfaction for a 15-year-old.

What's in it for you?

Compassionate Friends is here to help—to listen, to suggest, to understand. If you handle your grief well, you do not need Compassionate Friends. But we need you. Your approach or method of dealing with grief could help one or more of us. Please share it.

Bob Watts, TCF Stanford, CT

A Friend Who Cares

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

Henri Nouwen

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.



"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." —Albert Schweitzer

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 vour arief 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 Also offers grief support for siblings & grandparents

Children Are A Gift Foundation: www.childrenareagift.com

GriefShare: www.griefshare.org

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

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

The Hospice of East Texas: www.hospiceofeasttexas.org

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

Survivors of Suicide: www.allianceofhope.org

Samaritan Counseling of Tyler: www.scctyler.org

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

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

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

The Cope Foundation: www.copefoundation.org

Grief Camps for Kids: www.moverfoundation.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.



We're on Facebook! Search for The Compassionate Friends of Tyler and Like our page.





(Signature)

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.

	1 0			
Your Name:				
Child's Name:	d's Name:		Relationship:	
Birth Date:	Death Date:	Cause	Cause of Death:	
Address:				
			Zip:	
Home Telephone:				
E-mail:				
Please check any of follo	wing that apply:			
☐ Due to the rising cost	of postage, please send newsletters	via email. My email ac	ldress is	
☐ I prefer not to receive address you have on file		uld like to continue ha	ving a hard copy sent to the mailing	
☐ Please update my mai	ling address:			
☐ No thank you, I'd pre	fer to stop receiving the newsletter	. (Newsletters are poste	d monthly on our webite.)	
☐ Please include my child	d's name and picture in the slide pres	entation at the Candle L	ighting Ceremony.	
☐ Please include my child	d's picture and information on the TC	CF Tyler Web site. (www	T.TylerTCF.org)	
☐ I am enclosing a memo	orial to support The Compassionate F	riends in the amount of		
☐ In memory of			Please make check payable to TCF	
	☐ TCF Newsletter ☐ Butterfly Relea			
	hapter's work depends on donations. I onsider taking this time to give a gift		opportunity to give a donation in memto other newly bereaved parents.	
Lighting Ceremony or any	en permission on file to use your co y other TCF event. Permission may be oter Database. It is confidential and is	e withdrawn at any time	are in the newsletter, Web site, Candle by written request. This information is er activities such as the newsletter.	

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

"Courage, it would seem, is nothing less than the power to overcome danger, misfortune, fear, injustice, while continuing to affirm inwardly that life with all its sorrows is good; that everything is meaningful even if in a sense beyond our understanding; and that there is always tomorrow." —Dorothy Thompson

June Birthdays



Jasmine Elizabeth



Brian Harris





Thomas "Chuck" Carroll, II



D. Anriloten Bennett



Charlie Clakley



Trisha Thomas



Bryce Ramirez Cooksey



Guthrie, III



Matt Mears



Seth Henry Porter



Jonathan Shipman







Trey LePelley



Michael Holdway



ShiAnn Renee Robinson



Leslie Eugene Robb



Jackie Marie Heerdt



Joshua Andrews







Campbell



Justin McCullough



Timothy Allen Hawkins



Jeremy England





Chris O'Leary



Joshua Malone



Ronald Gary Smith

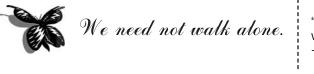


Chandler James



The Compassionate Friends

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



"Joy and sorrow are inseparable—together they come, and when one sits alone with you—remember that the other is asleep upon your bed."

Blessings in the Pain

It has been a little over three years since I last saw my son Jeremy. He was killed in a two-car, head-on collision on January 10, 2002 just 1.8 miles from home. I don't need to tell you how life forever changed on that day. If you are reading this you already know how losing a child changes your life.

I really thought that joy was not to ever be a part of my life again. I was shattered and a part of me died with Jeremy that day. I can now look back and see that there were many blessings in my pain. I could not see them at the time because I was in so much pain and agony. I want to share those blessings with you. I hope one day after time has helped to soften the pain you can look back and find blessings too.

- 1. I have made so many new friends. Yes a lot of them have lost a child but we share a bond that is very deep. I was being shown that sharing the pain is healing.
- 2. My granddaughter was born about 6 months after Jeremy died. She was born on my birthday. God was showing me why life has to go on with this precious grandchild being born.
- 3. I had a butterfly dance at my driver's window one day as I was crying while driving. He stayed there and just fluttered until the light changed and then disappeared. I was being shown that my son was still with me just in a different way.
- 4. I could laugh again and not feel guilty. I was being shown God's love and peace.
- 5. I could think of my son and not have my insides feel as though they were being pulled out. I could think of the happy memories. I was being shown precious memories are priceless.
- 6. I learned to slow down and enjoy life; material things are not so important, people are. I was being shown that we are only here a short time and people are more important than anything you can buy.
- 7. I learned true compassion in finding The Compassionate Friend's group. I was being shown love in a way I had never known
- 8. My marriage became stronger because we leaned on each other to get through the hard days. I was being shown that God had given me the right mate for this life.
- 9. I found strength I never knew I had. I was being shown that God can turn the impossible into the possible—one day at a time.
- 10. I found peace, blessed peace. I was being shown that God is with us even when we think he has deserted us.

These are just a few of the blessings I found in all that pain—there are too many to list. I never thought I would be able to say I found blessings in my pain in those early days and months and even years—but I did. I hope and pray the same blessings for you.

In loving memory of Jeremy Wayne Newman, 4-15-80 to 01-10-02, Forever In our Hearts, Margie Newman, TCF Tyler, TX

Why We Still Go to TCF

"Are you still involved with that group? Aren't you over it yet? Why do you go?"

These are questions I often hear now that it has been more than seven years since Mark died. I suspect you hear them too. There are easy answers. But not everyone understands, unless you have been there. Here are ten I can think of:

- 1. Because we never want the world to forget our child, so what we do we do in his or her name.
- Because when we reach out to help someone else, we also help ourselves.
- Because someone was there for us when we needed it most; now the best way to say "thank you" is to pass it on by being there for others.
- Because it is the one thing we do that can bring something positive out of tragedy.
- Because we have found in TCF better friends and closer bonds than we ever thought possible. Here we can cry and hug people even if we don't know their last name or what they do for a living. And it doesn't matter.
- Because few people are qualified to walk up to a newly bereaved family and say, "I know how you feel." And because we can, we must.
- 7. Because sometimes we need to talk, too, and to remember and share. We are further along than many around us, but we Because many of us believe that one day we will meet our child or brother or sister again, and he or she will ask, "So what
- did you do with your life after I left?" And we will have an answer. 9. Because our presence might help newly bereaved fa lies understand that they will survive and even laugh again.
- 10. Because we love cold coffee, cookies and hard metal chairs.

Richard Edler, TCF South Bay/LA, CA



"Tearless grief bleeds inwardly."
—Christian Nevell Bovee

This Mixed-Up Grief

Have you ever noticed the many mixed-up, confusing emotions involved in grieving?

On the one hand, you feel restless; on the other hand, you feel like you don't want to move at all. You feel desperately alone, yet you don't want anyone around. You feel scatterbrained, forgetful, and yet frantically meticulous. You feel like crying at nothing, and sometimes laughing at anything. (Or do I have that backwards?) Being in a crowd of people is fine as long as they don't talk to you. And yet, if they don't talk to you, you feel as if nobody cares. You want so desperately for someone to mention your child, to remember the life that once was. And yet it can make you furious if ALL they want to talk about is the dead one, and never even mention the living ones.

Grief settles over you like a hot blanket. You're as cold as the winter snow. Grief presses on you like a steamroller. You're floating in a bubble above yourself. Grief boxes you in on four sides and introduces you to a pain no one should have to know.

But then, once again, you begin to feel compassion. You relate to other parents who have had an experience similar to your own. And eventually, with a sharp as a sunburst, you hear self saying your child's name with an unfamiliar smile on your face You remember some of the funny times and feel laughter building in your throat. One morning you notice the sun is shining. Many days, months, and possibly years have passed unnoticed—and some how, you are still here. Even though child is still—there. You feel your heart swell with a love you never even knew could exist. And you find a place in your life for something call (dare I say) peace.

And then, ever so gently, the memories enfold you in a warmth as soothing as a cool shower on a hot summer day, so you find you WANT to remember. And tender memories of Love lift you to unreachable heights, to the brightest of stars, to the loveliest touch of your child.

Dana Gensler, TCF Kentucky

A Simple Thing

"You don't know how much I miss having someone to throw the football with..."

Isn't it odd how the simple things we say to one another can trigger deep, deep sadness, how our whole world can seem to come to a complete stop, when we have lost someone very important to our lives? Or is it? Actually it is a natural response. It has been six and one-half years since our son died, and we have spent that time studying and actively working through our grief. We knew instinctively from the beginning that we must face it squarely. We discussed that day he died how we must deal as best we could with each problem, each emotion, when they arose, no matter how strange it may be or how difficult.

Right away we purchased all the books we could find on grief. Our desire to learn about these strange feelings we were having was strong, our appetites insatiable. And we have come far in these years and in our dedication to know what was happening to us and why. We have only recently discussed that we felt that we are no longer actively grieving for our son. We feel we have recovered from grief. Intellectually we know there will be periods of sadness sparked by memories. Our studies have taught us this. We feel we can not only deal with this but welcome it as a reminder of him and his value to us, for his death represents so much more than merely a person leaving our lives. The shock waves of loss will probably go on forever when we have moments of need of him. Perhaps the simple things caused us to miss him the most—like preparing for homecoming at our university and having no one to toss a football with...

I often think of throwing the ball away—it often needs air even though it's only handled occasionally by my husband—but I know it would be a fruitless act because there are so many other reminders—musical instruments lying mute, the brown fedora collecting dust. We have learned to laugh again—to participate in life again. But today, oh today! How sad I felt. how quickly the tears came when my husband said, so sincerely, so quietly, "You don't know how much I miss having someone to throw the football around with..." I felt my heart break again.

Tomorrow we will teach the dog to catch a Frisbee, but it will never be the same It won't ever be the same again.

Fay Harden, TCF Tuscaloosa, AL





"The Grand essentials of happiness are: something to do, something to love and something to hope for." —Allan K. Chalmers

A Father Mourns Too

I just watched another TV commercial for cologne, which is the first sign of the approach of Father's Day. Like other fathers, I know the gift I'd like to get this Father's Day, just as I know there is no way that it will happen—my son's life, an opportunity not to hurt when I see boys who are his age, a chance to dream those dreams for that little boy again. But that's not going to happen. Instead I will get up on that day, having called my own father the night before to wish him a happy Father's Day, and I will go to the cemetery to place flowers on my son's grave. I will stand alone and cry for a time and then return home to my wife and new infant son. This year we will have a greater measure of peace because of the birth of our son, but I shall always have a hole in my soul, a longing that I know I will have until I die.

Like many bereaved fathers, I have felt misunderstood about how a father should mourn and for how long. I do not understand how a society can have such a belief in the strength of maternal love and do such a good job ignoring the intensity of paternal love. From the people whose only question at my son's memorial service was how was my wife dealing with this tragedy, to the longtime friend who didn't understand my choking up after watching a Hallmark commercial, it seems that many around us have difficulty understanding a father's grief.

So, support and love is needed and needed badly. Of course, we have Compassionate Friends, but something more personal and closer to home is needed. I hope that bereaved fathers will not be forgotten on Father's Day. It is often said that we don't often talk of our emotional needs and are reluctant to show our pain, but we too need love when we hurt. Please remember us on Father's Day and remember that the cute little commercials that hurt mothers in May take their toll on fathers in June.

Doug Hughes, TCF Las Vegas, NV

In loving memory of Alex Conway by Trisha & Robert Taylor



In loving memory of Burke Lewis by Martha Lewis



Thanks for your donations and continued support of TCF of Tyler.

In loving memory of Andy Terrell by David & Teresa Terrell



In loving memory of Leah Zucca by Jim & Cheri Zucca



In loving memory of Chad Cavazos by Dale Cavazos



In loving memory of Chris O'Leary by Merri Walsh



In loving memory of Jared Sheets by Carol & Shane Johnson



In loving memory of Stephanie Settle by Danny & Pat Settle



In loving memory of Christopher Loper by Tina Loper



In loving memory of Andrea "Debra" Young by Andrew & Jacquelen Young



In loving memory of Cynthia Harper by Andrew & Jacquelen Young



Tyler. Texas

The Compassionate Friends 7

Christopher John

Joshua Renaud

Payton Herrington

In loving memory of Payton.

Melissa Love



This month's printing of our newsletter sponsored by Melissa Love.



In loving memory of Justin.

Rhonda McIntyre



This month's printing of our newsletter sponsored by Rhonda McIntyre.



Arianpour



Tami Kay Brown







Christopher







Gary R. Gribble

June Anniversaries





Michael A. Rucker









Joshua Walker









Christina Boyd

Justin McCullough











Chase





Noah Bass



Watson, Jr



Carson Kerry Rose





The Compassionate Friends The Compassionate Friends

"Give sorrow words. The grief that does not speak whispers the o'er-fraught heart, and bids it break." —William Shakespeare

When Fathers Weep at Graves

I see them weep the fathers at the stones

taking off the brave armor forced to wear in the work place

clearing away the debris with gentle fingers

inhaling the sorrow diminished by anguish

their hearts desiring what they cannot have—

to walk hand in hand with children no longer held-

to all the fathers who leave a part of their hearts at the stones

may breezes underneath trees of time ease their pain

as they receive healing tears ...the gift the children give.

Alice J. Wisler For David, in memory of our son Daniel August 25, 1992-February 2, 1997

Dad

by Scott McFarlane; 9/20/65 to 1/22/96

I've watched his eyes grow tired, Liquid full with pain from having to put dreams aside.

I recall leathery hands, large and warm as they covered mine. I now realize caring that hid behind a stone face, and hopes that patiently waited as I searched for my own space.

I still hurt from times I couldn't succeed, I beg for more time to show him the respect he needs. I see his eyes, they still hold their light and I

Want him to wish me a million more good nights.



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 quard

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

What Candice Would Say

I'm sorry big sister, I can't play with you. I'm sorry grandpa, I can't go to the zoo. I'm sorry daddy, you can 't kiss me goodnight. I'm sorry mommy, you can't hold me tight.

No one knows why, no one can guess. But I can't play right now, I've gone to rest.

Mary Lingle, TCF Tyler, TX



"I found strength I never knew I had. I was being shown that God can turn the impossible into the possible—one day at a time." —Margie Newman

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.)

Merri Walsh in memory of Chris O'Leary - rent Carol & Shane Johnson in memory of Jared Sheets - rent

Danny & Pat Settle in memory of Stephanie - rent

Jim & Cheri Zucca in memory of Leah - rent

Dale & Phyllis Cavazos in memory of Chad - newsletter

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

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

See more love gifts on page 7.



Thanks to all who helped with the 2016 **Annual Butterfly Release!**

David & Teresa Terrell Matthew Terrell Billie & Bobby Turknett Sam Smith Barbara & Lee Barton Heather Ogg Ellen Jenkins Jessica Jenkins Jennifer Roberts Melissa Love Jenna, Aidan & Brentley Epperson Heather Mann Justin Taylor **Hunter Hopson** Carol Johnson Cathy Loveless Lisa Schoonover Kim Smith Jim Zucca Ponch Taylor

J&S Blueprint for donation of newsletter copies to handout at the butterfly release

Natalie & Elva Tucker

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.

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.

Sixth and Final Quilt

We are compiling names and photos for the 6th and final quilt. Please mail your \$25 donation for a square, child's name, and make sure we have a quality picture of your child that will show up well. This will be the last guilt for our chapter so please let us know quickly as we anticipate the list of 30 will fill up fast. David and Teresa Terrell have generously donated their time and talent for the completed quilts and are no longer able to physically continue. You can mail your donation to TCF Tyler PO Box 9714 Tyler Texas 75711. please note on your check what it is for. Photos or questions can be emailed to info@TylerTCF.org.



Summer Book Club for Moms Who Have Lost a Child

Saturdays at 10:30 a.m. beginning June 4th, 2016 at the Children's Park in Tyler. For details, contact Cristal Stowe at Cristalstowe@gmail.com or call 903-262-0016.

Thanks to all who helped with our Annual Butterfly Release!



