

A special THANKS to Melissa at Landmark Business Park for discounting our rent so that we can continue meeting at our current location!



www.TylerTCF.org

Thanks to Skillern's Business Systems for printing our newsletter!

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Please join us at 900 S. Broadway Ave. Tyler, TX 75701.
We hope to see you at our next meeting!

We need not walk alone.



Tyler, Texas 75711
P.O. Box 9714

THE COMPASSIONATE FRIENDS



The Compassionate Friends

Supporting Family After a Child Dies



We need not walk alone.

Volume 22, Issue 3

Tyler, Texas

March 2021

Monthly Group Meeting

Tyler Area Meeting
First Christian Church
4202 S. Broadway
Tyler, TX 75701
3rd Monday of the month, 6:30 p.m.
Find us on Facebook @TylerTCF

Contact

Phone: (903) 422-0358
www.TylerTCF.org • info@TylerTCF.org
P.O. Box 9714 • Tyler, TX 75711

Chapter Leader: Heather Ogg;
Secretary: Trish Mann Taylor;
Newsletter/Website: Mary Lingle; Tyler
Meeting Facilitator: Heather Ogg

Steering Committee: Cheri Zucca, Janet Majors, Trisha Mann Taylor, Barbara Barton, Carol Johnson, Heather Ogg, Kim Cathey, Mary Lingle

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 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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To Know Me

By Judi Barkman

"Worrying is like sitting in a rocking chair. It gives you something to do, but it doesn't get you anywhere." —English Proverb

To know me, is to know I worry. I worry even though I know I shouldn't. I worry even though I know it is completely unproductive. I worry, as I breathe.

I was faced with raising four sons as a single mom. Sons that seemed to get into every kind of scrape imaginable, and I found myself facing emergency room visits for stitches and a broken arm or two. I began to restrict their activity, fearful that when they rode their bikes something "bad" could happen, or when they roller skated, or when they just played rough as boys often do. I became the over-protective mom I didn't want to be. I saw other mom's letting their kids build skate board ramps, and taking them dirt bike riding—but I was too fearful. Sports? Oh heavens, you know they could get hurt don't you? So, to a degree I sheltered them from the experiences that they should have enjoyed. Fear robbed them of some of their childhood experiences.

The thing I worried about more than any other was that one day, I would have to bury one of my children. I was so fearful that when they went out, I would literally make myself sick with the "what ifs." Go to sleep before they got home? Never happened. Fear would paralyze me at times.

"You'll break the worry habit the day you decide you can meet and master the worst that can happen to you," wrote Arnold Glasgow. God knows, I DID NOT want to have to meet and master this fear—but it happened—and I had no choice but to deal with it.

Shane was a safe, cautious driver who took it so very seriously. He would readily volunteer to be the designated driver so that everyone would safely return from a night out. Shane's life ended on a stretch of road that is flat and clear for miles and miles. Flat everywhere except for the tiny spot that took his life—an overpass. Shane's life ended when at the top of this tiny hill, he was met head-on with a drunk driver who got on the freeway going the wrong direction. A minute or two later, or a minute or two earlier, and he would had the opportunity to see it and react. BUT, he was killed instantly and I was faced with my worst fear.

In the six years since Shane's death, I have learned that what everyone said about worry was true. WORRY is such a waste of time. I spent hours, hours and hours fretting about something that happened anyway. Did any of that worry make it not so? Absolutely not. Did any of that worry make it easier to bear when it did happen? Absolutely not. Did any of my protective measures stop it from happening? Absolutely not.

I coped. I believe it was God and a band of angels that saw me through, but I coped better than all those worries I had conjured up in my brain. It was then I realized I would not live the rest of my life worrying about every little thing. A worrier will never stop worrying completely—let's be realistic. BUT, I don't restrict myself, or my boys, from enjoying life, out of fear. If it's going to happen, it will happen whether I worry about it or not. The only thing that worry does is rob us of today's joy, while it instills a fear of something that may or may not happen tomorrow. I wish I never had to face this fear. I wish more than anything Shane was still here, however, from this day forward, instead of living by fear and worry, I remind myself of a better motto—Carpe Diem (Seize the day).

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.

"Life's unfairness is not irrevocable; we can help balance the scales for others, if not always for ourselves." —Hubert H. Humphrey

Welcome

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

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

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

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

To Our New Members

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

To Our Old Members

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

Grief Resources

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

Compassionate Friends (International Website) compassionatefriends.org
Also offers grief support for **siblings & grandparents**

The Childrens Park: www.childrensparktyler.org
Glory Babies meets the third Tuesday of every month at 6:30 p.m. at Alison house next to The Children's Park of Tyler: www.glorybabies.com

GriefShare: www.griefshare.org

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

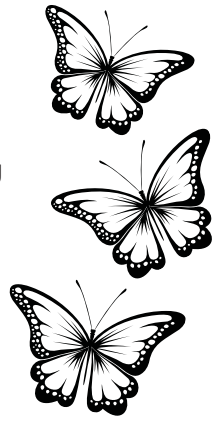
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

The Cope Foundation: www.copefoundation.org

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

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

Group Meetings for Survivors of Trauma and Survivors of Suicide Loss, sponsored by Michael's House of Hope at the New Life Worship Center, 18535 Hwy. 69 S., Tyler, room 620. Call Dr. Timothy M. Roddam at 903-681-3161 for more information. Survivors of Trauma meets the 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.



We need not walk alone.

"As long as I can I will look at this world for both of us. As long as I can I will laugh with the birds, I will sing with the flowers, I will pray to the stars, for both of us." —Sascha

Two Viewpoints

The following letter, signed "Sibling," appeared in the Louisville, KY newsletter. It is a poignant expression of love and pain that is typical of siblings' reactions. It is hoped that, for those of you with teenagers, it will offer clues leading to freer communications and sharing of feelings.

Dear Parents of Compassionate Friends:

I am writing to let you know how I feel and maybe how some of the other siblings feel. There have been times when my parents start really getting extra down about my brother. I usually leave the room. I feel that no matter how hard I try, I will say or do something that will hurt them more, or that they won't understand what I'm really trying to say. They already feel enough pain. I really love them and I understand enough about how they hurt, but I'm just not good at saying what I feel. It seems like it never sounds right. I also hold my emotions back from them. I always hear it is best to let it out, and I do, but not in front of my parents. I'm afraid they might try to hold their emotions back in front of me, so I won't get upset. I've had rough times for the past couple of years, and I'm still having hard times, so I'm always afraid they will hold back if they see me getting upset. I know that would just hurt them more when they try to hold it back. I love to talk about the good times my brother and I had, but I'd just rather be alone when I cry for him. Just once in a while my sister and I can talk about him, but that's the only person I can really talk to. I hope and pray with all my heart that my parents will understand, but I just can't talk to them. I miss my brother a lot, more than I think they really realize. I love and care for them too much to go and upset them even more. Maybe I'm wrong, but please parents, understand how I feel. May we always be close.

Love,
Sibling

Find us on Facebook at: [Facebook.com/TylerTCF](https://www.facebook.com/TylerTCF)

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

Thanks to anonymous for sending a check/donation to support our group!

In loving memory of Sarah Thompson by Carol Thompson



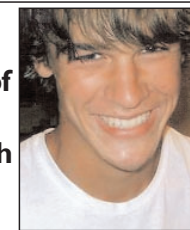
In loving memory of Burke Lewis by Martha Lewis



In loving memory of Alex by Robert & Trisha Taylor



In loving memory of Chris O'Leary by Mary O'Leary Walsh



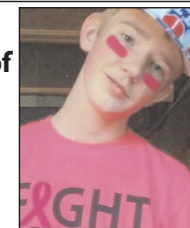
In loving memory of Leah Zucca by Jim & Cheri Zucca



In loving memory of Chad Cavazos by Dale Cavazos



In loving memory of Tanner Douglas by Heather Ogg & Zach Reed



In loving memory of Christopher Loper by Tina Loper



In loving memory of Andy Terrell by David & Teresa Terrell





We need not walk alone.

"The passage of time alone does not cause our grief to end, but its softening touch helps us to survive." —Wayne Loder

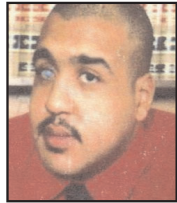
March Birthdays



Roozbeh Arianpour



Michael Schmidt



Gary R. Gribble



Tiffany Sue Hightower



Joshua "Josh" Wilcox



Colton Allen France



Lisa Tutt



Randy Joe Cannon, Jr.



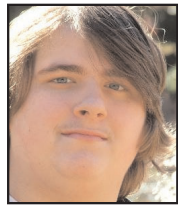
Andrea Young



Wadiya Adnan Bdah



Amanda Kay Stone



Ben Smith



Toni Wood



Jodi Lynn Attaway



Scott Bradshaw



Danielle Celeste Yura



Cathy Key



Adam Grabill



Charles Bryan Meadows



Kenny Ivy



Noah Boone Bridges



Jackson Huse



Jill Rozell



Jana Lauren Shearer



Kathy Jo Tumminello



Brandon Krpec



Jamye Marie Crawford



Sally Ryan Snodgrass



Deanna Holcomb



Makenzie Shyanne



Tommy Jack Burchfield



Robby Cano



Zi'lain Cummings



Daniel Thomas Khirallah



Ashley Elizabeth King



Rachel Wilder

Continued on next page.



We need not walk alone.

"Wounds do not heal without time and attention. Yet, too many of us feel that we don't have the right to take the time to heal from emotional and physical wounds." —Judy Tatelbaum, *Courage to Grieve*

Burke Lewis

**In loving memory
of Burke**

by Martha Lewis



Thanks, Martha Lewis, for your generous donation.

Newsletter or rent sponsorship is \$75. Contact us if you'd like to be a sponsor in memory of your loved one.

Sarah Thompson

**In loving memory
of Sarah**

by Carol Thompson



Thanks, Carol Thompson, for your generous donation.

Newsletter or rent sponsorship is \$75. Contact us if you'd like to be a sponsor in memory of your loved one.

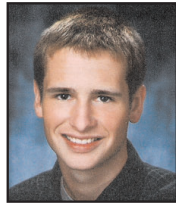




We need not walk alone.

"When I grieve, when I stand by others as they grieve, even in the midst of seemingly unbearable sorrow, grief becomes a way to honor life—a way to cling to every fleeting, precious moment of joy." —Cortney Davis

March Anniversaries



Neil Defenbaugh



Tyler Roberts



Kayla Smith



Amanda Valadez



Jeremy Kersh



Cory Blackmon



Allen Price



Robert McMahon



Gary Dean Arnold



Noah Boone Bridges



Randall Scott McDaniel



Jackson Huse



Leo Cook



Phillip Kuhn



Joshua Andrews



Joshua Washburn



Trey LePelley



Laura Wilkinson



David Matthew (Matt) Morris



James Wilkinson



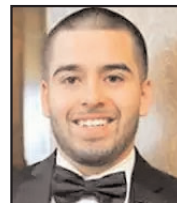
Douglas Johnson



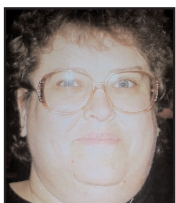
Wadiya Adnan Bdah



Rowdy Cunningham



Rico Gonzalez



Maryn McIntire



Irish Faye Haggerty



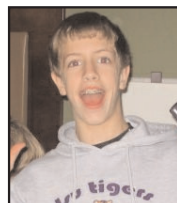
Jessica Spence



Dylan Prichard



Daniel Thomas Khirallah



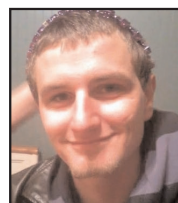
Justin Bloxom



Dana Regester



Micah Elmore



Cheyenne Lackey



Kappy Lane Kolb



Colton Allen France



Blythe Madison Harper



We need not walk alone.

"Sorrow makes us all children again - destroys all differences of intellect. The wisest know nothing." —Ralph Waldo Emerson

March Anniversaries Cont.



Kyle James Horn



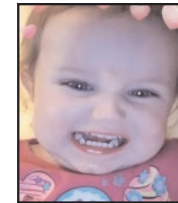
Garrett Sullivan



Christopher Molnari



Greg Enlow



Sawyer Irby

After 15 Years

I often hear, "Why do you still go to Compassionate Friends, why are you still involved with that group, it has been 15 years after all, aren't you beyond that now?"

I no longer judge these people, I forgive them, for they simply cannot understand, in the multitude of ways, how The Compassionate Friends has helped me to heal, and continues to help.

I remember after Danny died wondering how I would live one minute, one hour, one day without him. Where would my next breath come from? I would see others at the meetings beyond five years and say, that won't be me, I can't live that long without my son. But I did. And I did it with the help of TCF. They gave me hope.

The people who attended the meetings were authentic, freely and openly sharing their feelings and I knew it was a place I could share Danny and share my inner turmoil and fears without judgment.

Fifteen years later I can say that my grief has changed. I equate my grief to a pendulum-as my Danny said, "life is a pendulum." My grief pendulum no longer swings violently left and right without rhythm. My pendulum for the most has a soft rhythmic swing. Certainly, there are times when a memory or reflection of what was and what will never be enters my thoughts and the pendulum swings without care.

But, there is one thing I have learned that is true, it passes. My grief pendulum will return to a soft rhythmic swing once again. What does not pass, is the light and love between mother and son. I hold on dearly to that truth when the chaos comes, yes after 15 years there are still times of chaos. I know it will be this way for the rest of my life. Grief will always be my constant companion, as will the love I have for my son.

I am able to find moments and times of joy and happiness, sometimes bittersweet, but the times are there. I value and appreciate and enjoy them at a much deeper level today. At first I was afraid to love again, for fear of being hurt, but today, I love more deeply.

May your grief pendulum swing a soft, rhythmic swing, and may you always remember the love and light never goes away.

Carol Moss, TCF, Reno, NV (In Memory of my son, Danny Harper)

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 website and more!

Continued on next page.



We need not walk alone.

"There are things that we don't want to happen but have to accept, things we don't want to know but have to learn, and people we can't live without but have to let go." —*Author Unknown*



We need not walk alone.

"You will miss your child; no magic potion can wipe the pain away. Enjoy what you can you deserve some pleasure. And may some measure of peace overtake you before this year ends." —*Elizabeth B. Estes*

Chris Molnari

In loving memory
of Chris

by Kim Cathey



Thanks, Kim Cathey, for your generous donation.

Newsletter or rent sponsorship is \$75. Contact us if you'd like to be a sponsor in memory of your loved one.

March Birthdays Cont.



Dustyn Blake Sandifer



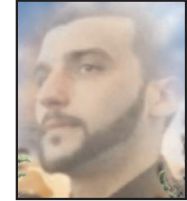
Timothy Andrew Lever



Doug Bennett



Joseph Richard Watson, Jr.



Jeff Maurer



Zephan Cannon

What's in a Word?

By Sascha Wagner, TCF, Aurora, CO

I do not think that 'handling' grief is an accurate concept. I see grief as a force of nature, much like an avalanche or an earthquake or a tornado. That's hardly the sort of thing human beings 'handle'—such a force of nature handles us—and we can at best react to it, do damage control, maybe. There may even be limited ways in which to prepare for the impact of such a force of nature. We can construct buildings that are more earthquake proof, or we can blast overhanging snow masses. We can at least try to escape major injury by finding a safe place in a tornado. But we can hardly call that 'handling' the event, can we?

In a similar way, we may be able to do things about surviving tragedy, enduring great emotional disasters, outlasting enormous grief. The first step about preparing for grief is to be honest about it—fact is that grief comes everyone's way at one time or another, and we only THINK that we are helping ourselves if we deny the possibility of grief in our life. Being aware of that possibility might fortify us to a small extent against the absolute devastation which grief can create. Perhaps we can think about help, i.e. to discover in advance a safe place where to survive the tornado of grief. Perhaps we can develop an attitude of acceptance, to lessen the impact of grief's emotional avalanche. But these are by no means guaranteed safeguards.

If we keep in mind that grief is handling us, instead of expecting to 'handle' grief, our chances for positive survival are much better. True, 'handling' grief is only a word—yet it can inadvertently convey the wrong idea at the worst possible time. Grief handles us. Grief is the master here, and a difficult master at that.

The first thing we need to learn is to stop fighting—grief only tightens its grip if we try to do battle against our feelings. Once we have learned (grudgingly) to accept and even respect grief, the workload eases a bit. By and by the master lets us do our work without that heavy hand constantly on our heart. We can start to arrange our life schedule, and our reactions, on our own, much like straightening our devastated house after a flood. That is the time, when we find that grief has taken away, or ruined, much of what we had and loved. And that is also the time when we must examine our attitude about grief, again. Do we look to new ways for living? Do we recover some treasures from the devastation? Do we have some things left to go on with? Do we find the strength to feel thankful for having had treasure at least for a while?

To paraphrase Victor Frankel, we are only in charge of one thing: the attitude we bring to the tragedy. And this attitude is not something we just naturally develop over a few days or weeks. Neither can this attitude be fully realized in theory—our attitude about grief emerges in total only during our presence in the reality of grief. Most of us need a few semesters of intensive study and practice in that reality, to give us at least the ability to cope. We could speak about coping with grief, like working with an unreasonable monarch.

What we are really 'handling' then, is not our grief, is not the flood, the avalanche, the tornado—what we are handling is ourselves. And the more we do the necessary work, the more we look honestly on the force of nature which is grief—the more we will be able to heal and to go on. And just as the results of a natural disaster can take a long time to disappear, so the results of grief will not become manageable overnight. We must sift through many rooms, many memories, many feelings, until we can say: "This is what is left, I have salvaged some treasure, I have restored rich memories. I have recovered many feelings. But I will always remember this event in my life, it will always be part of me—I have been changed. Grief has handled me.

sascha

Melissa Majors

In loving memory
of Melissa

by Janet Majors



Thanks, Janet Majors, for your generous donation.

Newsletter or rent sponsorship is \$75. Contact us if you'd like to be a sponsor in memory of your loved one.





We need not walk alone.

"Nothing will ever bring him back to me, but one day I will go to him. I can't ever say a final good-bye, only that 'I miss you so.'" —*Carla Smith*

Open Up

Each of us
Is on our own journey,
Starting out with a sharp shock of pain,
Descend into a dark cave of grief;
Swallowed up in sorrow...

Open up
The possibilities are endless,
In sorrow and in pain.
I know that now,
And I know
That while the worst can happen
Somehow we go on.

Open up
To the limits of blue sky.
Starting in the dark cave of grief,
The beast uncoils.
Let it roar,
Let it whimper,
Let it go.

Open up
To the acknowledgment of pain.
To the knowing that
We are not in control.
We move in and out from darkness
To possibilities.

Open up
Like spring flowers pushing
Up through the snow.
Knowledge that while sorrow remains,
And the beast of grief lives on,
So too does memory.

©2010 *Melissa Anne Schroeter*
TCF, Rockland County, NY

Thank you for your generous donations to TCF of Tyler. These 'love gifts' allow us to provide our local chapter with special events, rent, the TCF Newsletter, our website and more!

A Promise

The colors of life change as we go through grief.
We begin black and white;
Then gray settles over us, seeping into our pores,
surrounding us,

Smothering us for a long period of time;
then slowly the colors change.

We may not even be aware of their changing
'til one day we see a rainbow,

And know it was meant for us.

Faye Harden
TCF, Tuscaloosa, AL

Playing in the Shadows

We grew up together,
Big sister, little brother.
I took care of you
Until you were old enough to care for yourself.
Though you didn't say it,
I knew you loved me.
We played in the sunlight, you and I;
Remember the games of "Mother-May-I"
and "Hide-and-Seek"?
Sure we had our fights
As all siblings do,
But through it all we never lost
Our love for each other.
Now you're gone.
I'll never see you again
except in the memories
of those sunny days.
You will forever be sixteen—
Far too young to die.
You had your whole life to live.
I'll always grieve, but I must go on.
Still, without you,
I play alone in the shadows.

Cheryl Larson
TCF, Pikes Peak, CO



We need not walk alone.

"The next time someone needs you—just be there—stay. We are not human beings going through a temporary spiritual experience. We are spiritual beings going through a temporary human experience." —*Author Unknown*

Newsletter Submissions

TCF Tyler welcomes all submissions to our newsletter. Send articles, poetry, love messages and scanned photos to: The Compassionate Friends of Tyler, P.O. Box 9714, Tyler, Texas 75711. 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 903-422-0358. 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 info@tylertcf.org so that we may email you announcements and updates about TCF of Tyler.

Sign up for email notifications of events and to be notified when the newsletter is posted online at:
www.tylertcf.org

Donations Appreciated!

Please consider making a donation to your local TCF group, which serves East Texas. Donations help pay for meeting location fees, electric, mailing and paper cost of our newsletter, bank fee, P.O. Box fee, office supplies and more.

We are thankful that Skillern's Business Systems has printed our newsletter at no cost for years. If you need office automation solutions, please contact them and tell them TCF sent you. Visit them online at www.skillerns.com, or call 903-561-5591.

Announcements

Meeting Info: The meeting location is 4202 S. Broadway., Tyler, TX 75701. Our meeting is held on the third Monday of the month at 6:30 p.m. For more information, please call 903-422-0358.

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! Email us at info@tylertcf.org to get involved!

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 Quilt Announcement!

We are compiling names and photos for our 7th quilt! Please mail your \$30 donation for a square, child's name, and make sure we have a quality picture of your child that will show up well. Let us know quickly as we anticipate the list of 30 will fill up fast. 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.



Remember to visit our website for a long list of TCF newsletters: www.tylertcf.org Also, TCF's National website has lots of great resources: www.compassionatefriends.org

