

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!

Skillern's Business Systems
1604 Grande Blvd., Tyler, TX 75703
903-561-5591 • www.skillerns.com

Please join us at 17555 Hwy. 155 S. (off Loop 49), Flint, TX 75762.
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 21, Issue 5

Tyler, Texas

May 2020

Monthly Group Meeting
Tyler Area Meeting
17555 Hwy. 155 S.
(off Loop 49) Flint, TX 75762
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

Co-Chapter Leaders: Heather Ogg,
Cheri Zucca & Trish Mann Taylor;
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, Debra Ritchie, 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 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.

In This Issue...

Welcome	2
Grief Resources	2
Announcements	3
A Letter to My Brother:	3
Birthdays	4-5
The Fallen Goose	5
Anniversaries	6-7
A Mother's Memories	7
Donations	8
Sometimes	8
Newsletter/Rent Sponsors	9
Graduation – A Time to Remember ..	9
Poems	10

5 Things I Found Out Since Being A Bereaved Mother

Over the past five and a half years since my daughter died in my arms and I became a bereaved mother I have come to terms with my New Normal (= the post loss self). Initially I struggled and fought, argued and—honestly—hated much of the personal changes that came with loss. Now I'm able see both sides of the medal, live with and accept the changes and even see their potential.

1. Seemingly opposite states can coexist

Strength and weakness, joy and sadness, never before experienced love and overwhelming grief can live inside of me simultaneously. Experiencing the love for a newborn at the same time as grieving her sister was so confusing. I was in love at the same time as grieving. I was joyful and sad. People experienced me as strong, when inside I felt weak. I wasn't putting on a face or pretending something I wasn't. This showed me that being authentic and real is strength.

2. I'm less social

Being with a group of people drains me. I prefer one-on-one meaningful conversations over a group of people chatting on a party. Some days I wonder about inviting a bunch of people over and realise that this was something I would have done in the past. The reality of now is I don't want this anymore.

3. I can no longer multi-task

Whereas before I was easily listening to music while answering a phone call and writing an email, now it's one thing at a time. This took time to readjust, I can tell you. As much as I love being productive I now need to take this into consideration when planning things.

4. I'm more honest and forthright

Given before I was more people pleasing and diplomatic, this has been difficult to accept for some people. I'm less 'socially digestible' but I'm comfortable with this. It's more authentic, even if not always easy. I'm also more honest with myself and my needs, which brings me to the next point.

5. Self-care is most important of all

This is the biggest thing I realised about myself. The main difference to before my loss is that now self-care has become non-negotiable. I have experienced time and time again that both myself and my surroundings suffer, when I don't look after myself. I'm much clearer about what is good for me and what is not but knowing and acting on it are two different things. I'm still learning to apply this daily.

By Nathalie Himmelrich (StillStandingMag.com)

IMPORTANT NOTICES:

We will not hold our monthly meeting in May. **If you'd like to be included in a virtual meeting you can attend from your cell phone or computer, or would like to have a member of TCF call you, please text your number to 936-585-3209. Due to lack of funds, as well as the uncertainty regarding the course of the COVID-19 virus, we will not have a 2020 Butterfly Release. Thanks for your understanding, and we hope every-one stays safe.**

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.

"Give me strength to break out of the cocoon of my grief. But may I never forget it is the place where I grew my wings, becoming a new person because of my loss." —Janice H.

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

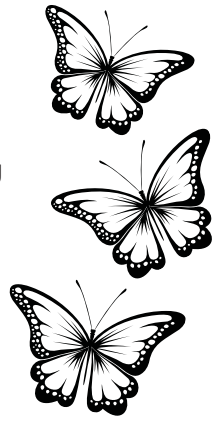
University of Texas at Tyler Psychology and Counseling and Training Clinic: 903-593-2348

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 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.



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:

Due to the rising cost of postage, please send newsletters via email. My email address is _____.

I prefer not to receive the newsletter via email and would like to continue having a hard copy sent to the mailing address you have on file for me.

Please update my mailing address: _____

No thank you, I'd prefer to stop receiving the newsletter. (Newsletters are posted monthly on our website.)

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



We need not walk alone.

"Each of us travels this road differently, but we owe it to ourselves to do our grief work. Not easy work, not fun work, not immediately rewarding work, but this is work, just the same." — *Annette Mennen Baldwin*

May Birthdays



Jamie Allen



Donna Mae Morales



Boston Kade Porter



Caleb Herrera



Joshua Carl Tucker



Sara Ann Plocheck



Tami Kay Brown Roberts



Stephanie Harris Reed



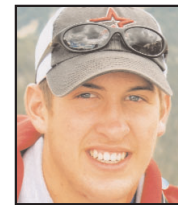
Randall Scott McDaniel



Blythe Madison Harper



Colton Denney



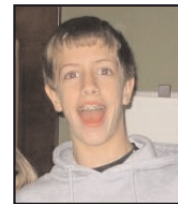
Mahlon Acres



Brian David Stewart



Shanna Marie Redmond



Justin Bloxom



Austin Arvizo



Dustin Dewayne Bruce



Blake Alexander King



Jared Sheets



Michael Angelo Perez



Shane Odening



Stephanie Carol Hester



Kody Dale Hughes



Aaron Sullender



Gabe Levi Hunt



Payton Nicole Herrington



Lance Alan Massey



Derek Brown



Andrew Weldon Braswell



Terry Brendon Reed Pettit



Cashley Sha'Rae Jackson



Coby Deese



Joshua Wilson



Jerry Owen Edwards, Jr.



Todd Andrew Thompson



Matthew Lehew

Continued on next page.



We need not walk alone.

"Know that someday you will once again welcome spring. Be gentle and patient with yourself and with nature. Don't expect too much. Be ready to let a little of the hope that spring can offer into your heart." — *Evelyn B.*

Burke Lewis

**In loving memory
of Burke**

by Martha Lewis



Thanks to Martha Lewis for her generous donation.

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

Graduation – A Time to Remember

I was driving down the road the other day, thinking of how the retail market makes any event an opportunity for revenue. Graduation seems to fall into that category, with cards and gifts for every Graduate. This time of year reminds me that my graduation from high school was a bittersweet time.

Really, it was the first time I had "surpassed" my older brother, David, in anything significant. I turned the age that he was when he died, 18, in the beginning of my senior year of high school. That year was difficult for me, as I felt that I was getting to move past where he had been cut short. Graduation day was no exception. I was happy to be getting out of high school, and looking forward to that coming August when I would go to college. But why was I getting to do these things, and not David? What made me so special that I got to stay here and experience these things? I still am not quite sure of the answer to those questions.

Graduation from high school was really just the first of many events which I have gotten to experience that David never will. College graduation, my wedding, and the birth of my two children are examples. And for me, each event has been a bit bittersweet.

The good news is this: that while time does make it easier to bear day-to-day activities without your sibling, each major event in your life presents itself as a new opportunity to remember your brother or sister, as well. For me, figuring that out was a huge relief, as it meant that my fear of forgetting David was not something I needed to worry about any more. His memory is just as alive for me today, 15-1/2 years later, as it was when I took that walk across the stage to accept my high school diploma.

Amy Baker Ferry, Heart of Florida TCF, Longwood, FL

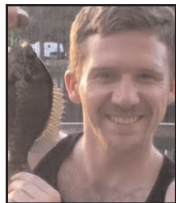




We need not walk alone.

"We grieve as individuals, and there is no standard plan for it. Do what you need to do to survive, but don't deny the presence of your grief. It's a part of you now. Ignoring it will not help." —*Scott Mastley*

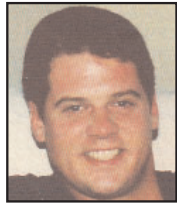
May Anniversaries



Blake Owens



Samantha Johnson



Brad (BJ) Huggins



Justin Clakley



Joshua Jolley



Patrick Pinkerton



Kenny Ivy



Donna Morales



Kendrick Clark



Jon Lee Hardwick



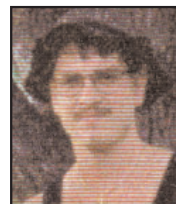
Alexander Fleming



ShiAnn Renee Robinson



Stephanie Settle



Marshall Charles Donahue



Leslie Eugene Robb



Jarren Moser



Kimberly Pryor



Colton Denney



Terry Wayne Brown



Leah Zucca



Melissa Elaine Majors



Tiffeny Sue Hightower



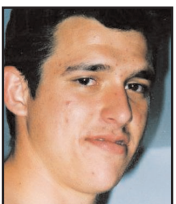
Brady Bryant



Daniel Anderson



Marcos Lopez



Derek Miller



Jerry Owen Edwards, Jr.



Natalie Whitehead



Jasmine Elizabeth Thomas



Chase Cyrus Naquin



Ana Danniell Franklin



Crystal Cudd



Kara Belanger



Dwayne Russell



Alyssa Howerton



Pablo Salinas

Continued on next page.



We need not walk alone.

"The most beautiful people we have known are those who have known defeat, know suffering, know struggle, know loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen." —*Elizabeth Kubler-Ross*

May Anniversaries cont.



Keith Padgett



Allison Hielt



Terry Haley



Tyler Steven Galpin



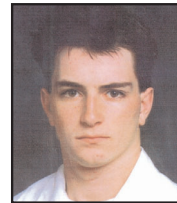
Andrew Weldon Braswell



Tommy Ford



Haile Rae Beasley



Brandon Weatherly



Kaila McKinsey Payne



Ryan Goff



Colleen Herriage



Stephen Cudd, II



Keith Padgett



Damian Shelton



Patrick Pinkerton



Cody Sims

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

A Mother's Memories

The kaleidoscope of my mind holds millions of memories of my son, Todd. The small flutter announcing himself. A tiny fist grabbing my fingers for the first time. A one year-old's blue blanket as he stroked its border with one hand and sucked his thumb with the other. Matchbox cars. A red tricycle. Building model cars. His first bicycle. A concussion. A saucer sled. His first "big boy" bed. Giggling until hiccups overtook him. His best Halloween costume. His white poodle, Fluffy. His lifetime best friend, Allen. Winning in track. Purple tennis shoes. Purple walls. Pink Floyd. The four-year paper route. Sunday mornings driving him on the paper route. His first car. His first GTO and the sound of the engine. The basketball hoop on the garage roof and the thump-thump of "shooting" into the night. The first prom. High School graduation with Grandpa in attendance. College days. Tears at Allen's sister's funeral. A 12-year restoration of a 1965 GTO. Car Shows. The new business after graduation. Marriage with Grandpa in attendance. First house. His children. Acceptance to A&M. Graduation with an MBA from A&M with Grandpa in attendance. New job in the corporation. Tears at Grandpa's funeral. Building a new home in Austin. The laughter he shared with his children. The joys he gave to me. The meaningful relationship with my adult child. The last day I saw him. The last conversation. There are books of details in each thought. A mother's memories glide effortlessly into the future. And that is as it should be.

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

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




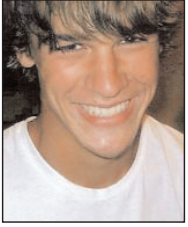









We need not walk alone.

“Sharing connects us and makes us realize how much people need one another in this world.” —*Flavia Weedn*

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

In loving memory of Cynthia Harper by A.R. Young		In loving memory of Andrea Young by A.R. Young		In loving memory of Sarah Thompson by Carol Thompson	
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 Christopher Loper by Tina Loper		In loving memory of Andy Terrell by David & Teresa Terrell		In loving memory of Candice Lingle by Mary Lingle	

Sometimes

Sometimes, something clicks, and with a tear, remembrance of the pain and the loneliness floods the heart.

Sometimes, something clicks, and with a smile, remembrance of the love and the laughter floods the senses.

And there are times when nothing clicks at all and a voice echoes through the emptiness and numbness, never finding the person who used to fill that space.

And sometimes the most special times of all a feeling ripples through your body, heart, and soul that tells you that person never left you, and he’s right with you through it all.

Kristen Hansen, TCF, Kenifield, CA

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



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*

May Birthdays cont.

 Vanessa Wilcox	 Crystal Cudd	 Cheyenne Lackey	 Keith Padgett	 Lincoln Garyt Allen	 Tyler Steven Galpin
 Xander Rebel Kelly	 Robbie Kempker	 Terry Haley	 Trevor Benson	 Keith Padgett	

The Fallen Goose

When you see geese heading south for the winter, you might wonder, as I have, why they fly in a vee formation. As each bird flaps its wings, it creates lift for its own flight but it also creates an updraft that benefits the birds that follow it closely at an angle. When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and it quickly gets back into formation. When the lead goose gets tired, it rotates back in the formation and another, more rested goose, flies up front. By flying in vee formations the whole flock adds at least 71% greater flying range, than if each bird flew on its own.

People who share a common direction and sense of community can get where they are trying to go more quickly and easily than when they try to travel the journey alone. Very much like the vee formations of geese, people can benefit from the uplifting energy of others. If we have as much sense as a goose, we will stay in formation with those who are headed in the same direction as ourselves.

We can learn even more by studying flying geese. Geese honk from behind to encourage those up front to keep up their speed. Also, when a goose gets sick or is wounded by gunshots, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies, and only then do they launch out on their own, or with another formation to catch up with their group. Support and encouragement is a principle upon which the Compassionate Friends stands. If we have the sense of a goose, we can more easily recognize the potential benefits of collaboration and integrated efforts.

Over the last year, I have felt much like the fallen goose. It is because of you, TCF members who were willing to break formation and come down with me and offer me encouragement and support that I was able to deal with the difficult ordeal I have been through. I am proud that you are all my friends. I would never have been able to make it without you. Thanks is such a small word, but I don't know what else I can say. Thanks for being there and for caring.

Connie Buchanan, TCF, Medford, OR

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!





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



We need not walk alone.

"An important way to cope with grief is having an outlet, be it interpersonal, be it artistic, that will allow you to not have to contain your grief, but will give you an opportunity to express it, to externalize it to some degree."
—R. Benjamin Cirlin

A Poem for My Daughter

I love you now, as I so loved you then
your Spirit is with me forever
When you were born all of heaven sang out
Joyous that we were together

Your eyes twinkled bright as a billion stars
Your lashes brushed sweet angel's kisses
As you snuggled so warmly against my neck
So serenely, you gave me such bliss

As I stroked your head, very gently My Dear
Your hair felt as soft as down feathers
Your fingers, so tiny, wove tightly with mine
Rainbow's end couldn't give me more treasure

I remember you now, I'll remember you when
every day and each night begins
You're a part of my soul, every beat of my heart
I promise, My Darling, Amen

*Karinelyn Paul
Broomfield, CO
In Memory of my daughter, Katrina*

My Sunset Day

Yes today is my Sunset Day
I know it has been seven long years to you
But up here, a Sunset Day I've had just one
It was the day when straight to Heaven I flew

Yes, I have gone "Beyond the Sunset"
To this bright city, forever of peace, joy, and love
You see, I am here in a life eternal
It is a place called "Heaven Above"

Today is your special time with the memories you hold
So carry yourself well with your head held high
Because someday we'll meet again
In heaven, where time is called, "By and By"

I love you,
Tim

*Donald Moyers
TCF, Galveston County, TX*

Spring's Tears

When the sun's sharp brilliance
echoes in the luminescent blue
A grim, oppressive darkness
stabs my aching heart anew.
Its golden glow upon my face,
the warmth of winter's sun
Holds the promise of renewal when
the icy months are done.

It is this vow of nature's of
resurgence in the spring
That bows my head, and breaks my heart;
unlocks my suffering.
For you will miss again the
beauty of this time of year
The growing warmth, the sunny
days when life will reappear.

For nature has no power over
death that holds you still,
And though I know, I still
resent spring's early daffodil.
Oh, would that I could speak to
Mother Nature face to face!
To beg she work her magic on
your lonely resting place.

Why can't it be YOUR rebirth when
the gray, cold days are done?
Why mightn't YOU not live again
to see spring's fresh new dawn
and feel the warmth of sunshine
relish in the greening earth...
to open arms, embracing life
why can't it be YOUR birth?

You were so young, your life so
new when death crept in the door,
And in my grief, beloved child,
I'll ask forever more
The reason why the earth's renewed
when spring comes 'round each year
Yet in your grave you're silent still,
and I
condemned
am here.

*Sally Migliaccio
TCF, Babylon, NY; In Memory of Tracey*

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

A Letter to My Brother

Suddenly you're gone. I'm still here. Why? How can this be? Someone tell me the reason, the answer. How can I fill the void, the space once so full of life? What will I do? How will I be strong for others when the sting of pain is so real, so near? Though everyone seems calm, my soul screams at the injustice, the unfairness of losing you. I miss you. I think of you every day and feel you in my heart always. Whatever the reason for your leaving, I know your living had a reason. Despite the brevity of your life, you lived a lifetime's worth. You blessed us with your presence, your specialness. I have only to think of you to feel the joy you've left as a legacy. You shaped the purpose of my life. I can see the world through your eyes.

Robin Holemon, TCF, Tuscaloosa, AL

Announcements

Meeting Info: (postponed in April) The meeting location is 17555 Hwy. 155 S. (off Loop 49), Flint, TX 75762. 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.



With our current self-isolating, grief can feel especially lonely. 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