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IMPORTANT NOTICE: Our printed newsletter will be moving online soon. We will need your email address. Please review our form on page 11 regarding your options. We will continue to send a printed version to anyone who doesn't have access to the Internet.

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 17, Issue 10

Tyler, Texas

October 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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Annual Candle Lighting Memorial

Our Annual Candle Lighting Ceremony will be Sunday, Dec. 11, 2016 at Crossroads Community Church, 13730 Hwy 155 South, Tyler. The service begins at 6:30 p.m. This year, canned food for the food pantry at our host church. as well as new toys will be collected at the Candle Lighting.

This is a great way to meet and get to know the members of The Compassionate Friends. Getting involved will likely help you as well as the other members! Everyone is needed and welcomed! Please consider bringing a finger food of your choice. We need everything from sandwiches and chips to sweets and drinks. Your contribution will be appreciated and enjoyed on this special evening. **If you would like to help with the Candle Lighting set up, Saturday, the day before the event, take down and anything in between, please call the TCF line at 903-258-2547. Thank you!**

PAIN

I am not a young man, and I thought I knew the meaning of pain. I have experienced pain from a toothache, arthritis, and even the loss of relatives and friends. But nothing in my fifty-four years had prepared me for the pain I experienced when we lost our son. I had no clue to real pain.

I think only a bereaved parent knows the true meaning. Not to belittle the loss of a parent or spouse, but those who have lost both tell me that it is not the same. My mother said to me at my brother's funeral, "Now I know how you feel." Even though she had lost a grandson, it was not the same.

It has been almost five years now, and there hasn't been a day go by that I don't see his picture or think of him and feel that pain. Pain for what we lost—and for what he lost. That pain is not as intense now. I have learned to tolerate it and still lead a normal life. The Compassionate Friends helped me to realize that I was not alone and that there were many others who felt that same pain. They helped me learn how to deal with it. Now it is my turn to try to help someone else.

Harold F. Underwood, TCF Southern Maryland

The Brain Must Follow the Heart

Some survivors try to think their way through grief. That doesn't work.

Grief is a releasing process, a discovery process, a healing process. We cannot release or discover or heal by the use of our minds alone. The brain must follow the heart at a respectful distance.

It is our hearts that ache when a loved one dies. It is our emotions that are most drastically affected. Certainly the mind suffers, the mind recalls, the mind may plot and plan and wish, but it is the heart that will blaze the trail through the thicket of grief.

Carol Staudacher in A Time to Grieve: Meditations for Healing After the Death of a Loved One

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 heart would have no rainbow if the eyes had no tears." —unknown

The Compassionate Friends of Tyler

P.O. Box 9714
Tyler, TX 75711

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**

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.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 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.

Date: _____

(Signature)

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



We need not walk alone.

"Courage is not the absence of fear but the willingness to proceed in its presence." —Unknown

October Birthdays



Cindy Dingler



Marshall Charles Donahue



Joey Moore



George Washington Shaw, III



Jeremy Mark Lawler



Christopher Andrews



Brittany Butler



James Brady Langston



Kendrick Clark



Patton Ross



Sandi McLain



Austin Dixon



Richard Heerdt



Mark Turner



Kenneth Melvin



Trey Dobbs



Suzie Gorman



Rosa Linda Serrano



Neil Defenbaugh



Emily Elizabeth Ellis



Jessica Maureen Nix



Bonnie Lee Benson



A.J. Huggins



Clayton Norton



Allison Carson



Cason Gimble



J.D. Adams



Loren Saunders



Shellae Vicknair



Jesse Lee Irby



Patti Ann Gage



Gauge Austin Thomas



Ricardo Gonzalez



Michael Knight



Stephanie Mata



Todd Dean



We need not walk alone.

"Feel the fear—and do it anyway." —Susan Jeffers

Suicide Note

The following letter was written by David John Bernreuter before he died by suicide on May 12, 1987. David, an astute 22-year-old, was unusually well-informed about his illness. By his own description of his feelings, myths and assumptions about suicide are shattered, and we are allowed an insight into his motivation to end his life. In granting permission for its use, it is the hope of David's family that the loved ones of other victims may find comfort in David's words.

Dear Mom, Dad, and Stephany:

First, some facts:

1. I LOVE YOU VERY MUCH.

2. I KNOW YOU LOVE ME VERY MUCH. If love alone would have made me better, I would be the most well adjusted man on earth. Please don't feel that you neglected to tell or show me how much you loved me.

3. YOU WERE NOT TO BLAME FOR MY CONDITION. I believe my mental illness was the result of a chemical imbalance in the brain. A certain percentage of people, from all types of family situations have a major mental illness. It was just the luck of the biological draw that I happened to be one of them. Whether it was Major Depressive Disorder, Schizoid Personality Disorder, Manic Depressive Disorder, or Schizophrenia, my mental illness made my "life" unlivable. But you are not to blame for that. So please don't let yourselves feel guilty.

4. I KNOW THAT YOU WILL MAKE IT THROUGH THIS. It won't be easy, but you will have a lot of support from a lot of friends and relatives. Don't be like me, the ultimate schizoid loner. Count on the support of your friends and relatives. If you only knew what goes on inside my head. I know you will say that I "didn't try long enough or hard enough." I have been emotionally disturbed since late childhood. I now have a major mental illness. I tried as long and as hard as I could. I've had all sorts of suggestions, like: "Repeat positive phrases over and over again. Don't eat foods with yeast. Take Haldol. Don't take Haldol. Accept Jesus as my 'personal Savior.' Quit smoking. Get a girlfriend." And the list goes on and on... I know that the above suggestions were made with the best intentions, but they lack an understanding of what mental illness is all about. That's why I found something in common with other people who are mentally ill. When they told me how being mentally ill affects their life, I understood, because my illness affected me in the same way. If I were to tell Uncle Ray that I had bought a gun, that I felt suicidal, he would have no alternative but to call the hospital and the police. And before you know it, I'd be back in the hospital. I'd rather be dead. It's not like I killed myself because I didn't get an A on an exam or because I broke up with my girlfriend. Those are the kinds of depression that have a reason to happen. My depression comes without any help from the outside. Nothing bad has happened to make me depressed except my depression. It's not like I did this "on a lark." I've had over a year to think it over. But I can hardly expect you to understand about something I myself don't understand. I don't know why I am the way I am. 'The man who didn't see it through.' That is what this is. If given a chance to choose between an eternity in heaven or another go-round as a human of earth, I'm certain I would choose the latter. And now for the business part of this suicide note: Cremate and scatter me (I don't care where).

All my money goes to you. Everything else, too. Do with it what you will, but may I suggest sending a portion of my worldly goods to a mental health research foundation of your choice.

(As David requested, the family sent a donation to a mental health organization in hopes that someday a cure will be found.)

Permission to reprint from the February 1989 issue granted by *Bereavement Magazine*, 5125 N. Union Blvd, Suite 4, Colorado Springs, Colorado 80918. Phone: 888-604-4673.

Continued on next page.





We need not walk alone.

"I realized this week that my first thought of the day doesn't overwhelm me like it once did. My child lives in my heart. I have learned to live that reality. It is my hope to help other parents find this tiny vestige of peace."
—Annette Mennen Baldwin

October Anniversaries Cont.



Terry Brendon Reed Pettit



Phoebe Fair



Matthew Lehew



Robert Ryan White



Leon Wayne Lasiter



Cheyenne Ramirez



Todd Andrew Thompson



Jennifer Massey



Trenton Cole Bailey



Randy Thomas Meyers



Stacy Hunter



Cheyenne Stevenson



Candace Beggs



Zachary Bradley



Stacey Smith



John Patrick Camahan



Aaron Sullender



J.D. Adams



Madeline Joy Kearney



James Lee Lary



Alyssa Kathryn Crim



Jonathan Shipman



Amanda Claire Miller



Jackson Thomas Feliciano

Grief Comes in One Size

Grief comes in one size: Extra Large. If we tuck it away in the bottom drawer where it never sees the light of day, it remains exactly the same.

On the other hand, if we wear it, feel it, talk about it and share it with others, it is likely that it will become faded, shrunk and worn, or will simply no longer fit. When grief has served its purpose, we are able to recognize the many gifts we have gained.

Dianne Arcangel

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



We need not walk alone.

"But there was no need to be ashamed of tears, for tears bore witness that a man had the greatest of courage, the courage to suffer." —Viktor E. Frankl

Tabloids

The line in the grocery store was long that day, leaving plenty of time to scan the magazines positioned near the checkout counter to catch the attention of restless, impatient customers. "Flatten Your Tummy," "Lose 40 Pounds in 30 Minutes with Our Amazing New Diet," "Eat Prune Pits for a Healthy Sex Life," and on and on.

I thought about parents in grief. And I know the response most of us have in the early weeks, months and years of grief: What does it matter? Why should I be concerned about health? Life takes on a different meaning after a child dies. We feel like we will never again care if our tummies are flat and our muscles are strong.

If there had been an article on the rack that day about getting up when I'm not sure if I can walk, drinking water when I cannot even swallow, breathing in and out without sighing, waking up or going to sleep without flashbacks, staying silent when my heart wants to scream—I would have bought it.

Alice Monroe, TCF Colorado

Calling all volunteers for the Candle Lighting in December!
Please contact us at 903-258-2547 or info@tylertcf.org if you'd like to help this year!

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

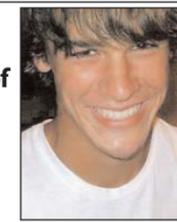
In loving memory of
Alex Conway by
Robert & Trisha
Taylor



In loving memory of
Andy Terrell by
David & Teresa
Terrell



In loving memory of
Chris O'Leary by
Merri 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
Jared Sheets by
Carol & Shane
Johnson



In loving memory of
Stephanie Settle by
Danny & Pat Settle



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





We need not walk alone.

"Vulnerability to death is one of the given conditions of life. We can't explain it any more than we can explain life itself. We can't control it, or sometimes even postpone it. All we can do is try to rise beyond the question, "Why did it happen?" and begin to ask the question, "What do I do now that it has happened?"
—Harold S. Kushner



We need not walk alone.

"When we walk to the edge of all the light we have and take a step into the darkness of the unknown, we must believe one of two things will happen: there will be something solid for us to stand upon or we will be taught to fly." — Anonymous

Tanner Douglas

**In Loving Memory
of Tanner**

Heather Ogg



This month's newsletter is sponsored by Heather Ogg.

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

Annual Candle Lighting Memorial

December will be here before we know it and we are asking for help with our Annual Candle Lighting Memorial on Sunday, December 11, 2016 at 7 p.m.

This is a great way to meet and get to know the members of The Compassionate Friends. Getting involved will likely help you as well as the other members! Everyone is needed and welcomed! Your participation will be appreciated on this special evening.

For ways to help, please contact us at (903) 258-2547 or info@TylerTCF.org.

Thanks!



October Birthdays Cont.



Irish Faye Haggerty



Sydney Jane Farris



Dana Regester



Robin Reynolds



Keith Radabaugh



Amanda Anderson



Randy Meyers



Kara Belanger



Cheyenne Stevenson



Carson Kerry Rose



Linton Daniel Wilgus



Tanner Michael Douglas

October Anniversaries



Joey Moore



Kathy Robertson



Christopher Bullock



Rosa Linda Serrano



Chris O'Leary



Hanna Olivia Collie



Wade Goetze



Sean Smith



Bill Bouslog



Janet Florey



Mikel Conway



T.J. Anderson



Erica Smith



Jake Schoonover



Jacob Mikal Burrell



Alexander Johnson



Cory Wayne Channon



J.L. Adams

Continued on next page.

Volunteers needed for our Annual Candle Lighting ceremony held in December!



We need not walk alone.

"I believe as we regain balance and meaning in our shattered lives, we can come to see that death can indeed bring a new meaning to life. This is my prayer for all of us." —*Eleanora Ross*

Undo it, Take it Back

Undo it, take it back, make every day the previous one until I am returned to the day before the one that made you gone.

Or set me on an airplane traveling west, crossing the date line again and again, losing this day, then that, until the day of loss still lies ahead, and you are here instead of sorrow.

Nessa Rapoport in A Woman's Book of Grieving

One Way Ticket

For my daughter Kathy Robertson

You left your home in heaven to come to me,
You were everything a mother would want her daughter to be.

There were fun times and some sad,
But in all they weren't so bad.

I didn't realize time was going to be short with you,
You stayed with me till your time was through.

You had a one-way ticket and even flew free,
To be back home with Jesus where you were meant to be.

I miss you and love you—wish you were here,
And I even shed a tear.

Good-bye my sweet daughter—I'll see you soon,
When Jesus calls me home to you.

Carolyn Love, TCF Tyler, TX

Last Moments

Last moments
Snatches of conversation
That echo across all decades...
Priceless words
Indelibly etched on the heart.

Sometimes
Thoughts were never spoken
But unexpected sentiment—
A quick embrace, a silly smirk,
Or joyous laughter—
Reaches through the pain
And warms the heart.

We came too soon to understand
The folly of harsh words
Or neglected touch,
For who can know which
Taken-for-granted event
Will become
A last moment.

Diane Fields, TCF Westmoreland, PA

Now that I am gone

Now that I am gone,
remember me with smiles and laughter.

And if you need to cry,
cry with your brother or sister
who walks in grief beside you.

And when you need me,
put your arms around anyone
and give to them what you need to give to me.

There are so many who need so much.
I want to leave you something—
something much better than words or sounds.

Look for me in the people I've known
or helped in some special way.

Let me live in your heart
as well as in your mind.

You can love me most
by letting your love reach out to our loved ones,
by embracing them and living in their love.

Love does not die, people do.
So, when all that's left of me is love,
give me away as best you can.

Author unknown

After Their Death

by Judith Pordon

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

or reach with desperation
for something alive
to hold onto.

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

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

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

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

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

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



We need not walk alone.

The only courage that matters is the kind that gets you from one moment to the next. —*Mignon McLaughlin*

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.)

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

Robert & Trisha Taylor in memory of Alex Conway - 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.



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 903-258-2547. We want to get it right and will correct the information for future use. Thanks very much.

Email Addresses: If we do not have your email address or it has changed, please email it to 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

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: Tues, Sept. 6 at 6 p.m. at normal meeting place on Rickety Lane for Candle Light planning. 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 quilt 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.



Find us on Facebook!

