



Monthly Group Meeting

Tyler Area Meeting

Monday, April 18, 6:30 p.m.
12949 C.R. 42 (McDougle Rd.)

Jacksonville Meeting

Tuesday, April 5, 6:30 p.m.
Sam Smith's office, 1401 E. Rusk

Lufkin Meeting

Thursday, April 21, 6:30 p.m.
Southside Baptist Church, 1615
Tulane Drive

Contact

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

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

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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We will be holding our 8th Annual Butterfly Release on May 21 at 1 p.m. at the First Baptist Church south campus, 2813 and Hwy. 69 W.

Live Monarch butterflies are available for \$10 each. If you are interested in donating refreshments this year, or would like to help with the set up in loving memory of your child, please contact us at (903) 258-2547. (See our flyer on page 7.)

Photos from a Previous Butterfly Release



After the First Year

After the first year; the pain changes from a crushing weight to a wickedly sharp cutting edge. Time speeds up from a grinding plodding to a more normal routine. And sometimes you can forget, for a moment that your whole life was destroyed last year.

After the first year; you start to remember the good times, and you can tell a funny story about your child and save the crying for later. But sometimes it seems like you're the only one left who mourns. "What's the matter with you anyway; it's been a whole year."

After the first year; your child seems a little closer and yet still so far away. Miracle of miracles, you haven't forgotten how he walks, her voice, the shape of his head, or the solid warmth of her finger curving around yours.

After the first year; your heart begins to thaw. You remember that you once loved your surviving children and you love them again. You remember that life used to hold joy, and you rediscover some small enjoyment in living. You learn to piece your life back together in a different pattern.

After the first year; you pick up your burdens and go on. Amazingly, you've survived a blow more painful than anything you ever imagined. Even though you wished you could have died too, it slowly dawns on you that you must still live. Because after the first year, comes the second year.

Liz Ford ~ TCF, Madison, WI

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.

"You don't heal from the loss of a loved one because time passes; You heal because of what you do with the time." —Carol Crandall

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.”

But I am a Grandparent...

(excerpt)

I am a therapist. I am convinced that the worst pain in the world is losing a child, whatever their age at passing. Perhaps the second most painful experience is seeing your child lose her child. To see your firstborn, your beautiful 'little' girl in horrendous, unbearable pain and not be able to take it away, relieve it, change it, make sense out of it, is also unbearable. To hear your extroverted, fun-loving daughter tell you she wants to die to be with her son and not ever again to be able to assure her 'it'll be okay', is crushing.

Life forever changes. The role of protector crumbles at your feet. The role of soother is meaningless. You stand helplessly by, ready to do anything—everything your child needs to ease the pain, but nothing really does. You put your grieving on hold because right then your child's grief is more intense, more immediate. Your life centers on your own wounded child and everything else is secondary. You want to carry their burden—but you can't. You want the pain to go away—but it won't.

And somewhere along the way, as your child's grief seems to lessen a little in intensity, your double grief: losing your grandson and witnessing your daughter's grief—pours out, perhaps on paper, or to a friend. And then you return to being the parent of a parent who lost their child to death.

I am very grateful for The Compassionate Friends. It was when my daughter became involved with this group that I gently, slowly, quietly laid down the heavy responsibility and privilege of trying to be the one person that helped her bear her grief. She gained strength from meeting others who could totally relate to her grief. The opportunity to serve in a leadership role gave a semblance of something positive coming out of her loss. And sometimes I return to the role of supporter with great willingness, for she is my daughter and I would give my all for her, as we all would for our children.

To all the other grandparents out there sharing these same burdens, there is a time and place for us to grieve, too. We also share a common experience. We can gain strength from each other, as well. I invite any and all of you to come to The Compassionate Friends meetings each month. We can spend a part of each meeting supporting each other in our unique role. Hope to see you there!

*Angie Welling ~ TCF, South Bend, IN
In memory of Cameron Anthony Bice, my grandson and in honor of Debbie and Kevin Bice, his parents.*

A Boy and His Kite

He kept adding more spools of string to make it higher. A woman walked by and said, "You have that kite flying high." And the boy agreed. The woman left and went about her business. On her way back, she looked up toward the kite and said, "I do not see your kite." The boy agreed. She asked, "Then why don't you let go of it?" The boy answered, "I can't. I can still feel it tugging." This is the plight of bereaved parents.

TCF ~ Richmond, VA



We need not walk alone.

“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 healing; not curing; that is a friend who cares.” —*Henri Nouwen*

Love Gifts



Juanita Blake in honor of Rhiannon & Jaden's 9th Birthday (siblings of Donna Morales)

Suzanne Loughmiller in memory of Michael Loughmiller

Howard & Sue Hughes in memory of Kody Hughes

Dr. Roger & Linda Porter in memory of Seth

Bud Bradshaw in memory of Joshua Washburn

Lisa Schoonover in memory of Jake

Kathy McKinney in memory of Erik



Thanks to the following members who have made a rent donation for our meeting place this month:

Jim & Cheri Zucca in memory of Leah

Dale Cavazos in memory of Chad

Merri Walsh in memory of Chris O'Leary

Tina, Johnathan & Heather Loper
in memory of Christopher

Danny, Pat & Stephen Settle in memory of Steph

Don & Leslie Dixon in memory of Austin

Thank you to the following members who have made a contribution for an entire month's rent for our meeting place. We appreciate this generous donation.

Merri Walsh in memory of Chris O'Leary
Carol Thompson in memory of Sarah Thompson

Special Thanks!

Thanks to the following people who make a monthly love gift to TCF of Tyler:

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

Thanks to all who helped with the assembly of last month's newsletter. We appreciate all our volunteers!

Announcements

We will be holding our 8th Annual Butterfly Release on May 21 at 1 p.m. at the First Baptist Church south campus, 2813 and Hwy. 69 W. Live Monarch butterflies are available for \$10 each. If you are interested in donating refreshments this year, or would like to help with the set up in loving memory of your child, please contact us at (903) 258-2547.

Rabbit Hole to show at Kilgore Film Festival: Rabbit Hole, starring Nicole Kidman, Aaron Eckhart and Dianne Wiest will play at the 4 Star Cinema in Kilgore on April 17, 18 and 19. This critically acclaimed drama shows how the life of a happy couple is turned upside down after their young son dies in an accident. Visit foothillsentertainment.com/4-star-cinema.html to confirm dates and times.

Tyler TCF Meeting: The meeting in Tyler is held on the third Monday of the month, 6:30 p.m., at 12949 County Road 42 (McDougle Rd.). For more information, please email pdsettle@wmconnect.com or butterfly6@nctv.com, or call 903-258-2547.

Jacksonville TCF Meeting: The meeting in Jacksonville is held on the first Tuesday of the month, 6:30 p.m., at Sam Smith's office, 1401 E. Rusk, Jacksonville. For more information, please email pdsettle@wmconnect.com or butterfly6@nctv.com, or call 903-258-2547.

Lufkin TCF Meeting: Join us at the Lufkin meeting held at 6:30 p.m. every 3rd Thursday of the month at Southside Baptist Church, 1615 Tulane Drive, Lufkin, TX 75901. For more information, contact Lauri Maner at 936-854-2002 or Sherri Tutt at 936-404-9517.

The Touched by Suicide meeting is held the second Tuesday of the month at 6:30 p.m. The meeting is held at Avail Solutions, 1116 E Travis in Tyler (small white frame duplex converted into offices). Anyone who has lost someone they love to suicide is welcome to attend this peer support group. For more information please call 903-330-0678 or visit www.touchedbysuicideeasttexas.org.

Save the Date! If you are interested in participating in our chapter by serving on the steering committee, please plan to attend a steering committee meeting. Our next meeting will be held on Wednesday, April 6 at 6 p.m., at the East 5th Street/Loop 323 El Charro in Tyler. We will eat first and then discuss upcoming TCF events. Anyone who would like to become more involved in TCF and serve on the steering committee is welcome to come!

General Assembly: Join us each month to assemble the newsletter and mail out cards. We hope to get some new volunteers to help with this monthly project. Call 903-258-2547 for details.

MADD Heart meets 2nd Tuesday of the month at the MADD office, 215 Winchester Dr. Ste., 100, Tyler, TX 75701. For more info call 888-665-6233 or email Melissa at melissa.granberry@madd.org.





We need not walk alone.

"I have learned that just because I have found things to feel joyful about again, it doesn't mean I am dishonoring my daughter's memory. I now take her along with me in my mind and my heart." —Cathy Seehuetter

April Birthdays



Matthew Thomas Crooks
4-17 ~ 12-24
Son of Sylvia Crooks



Jarren Moser
4-28 ~ 5-31
Son of Robert & Misty
Hendrickson



Kyle Monroe Foster
4-1 ~ 11-1
Son of Barbara Foster
& Greg Foster



Jeremy Newman
4-15 ~ 1-10
Son of Victor &
Margie Newman



Timothy Treadwell
4-1 ~ 11-23
Son of Tammy
Treadwell



Christopher Loper
4-28 ~ 12-21
Son of Tina Loper



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



Leon Wayne Lasiter
4-16 ~ 10-27
Son of Jim & Pat Lasiter



Brady Bryant
4-30 ~ 5-2
Son of Windy &
Bradley Bryant



Brian St. Clair
4-24 ~ 7-26
Son of Janet St. Clair



Tim Cole
4-15 ~ 9-15
Son of Mary Miller



Kaila McKinsey Payne
4-6 ~ 5-28
Daughter of Keith Payne



James Permenter
4-2 ~ 7-12
Son of Shirley Hall



Ricky Edmiston
4-26 ~ 6-29
Son of Woody &
Barbara Edmiston



James Lee Lary, II
4-20 ~ 10-30
Son of Elgin L. Lary, Sr.
& Ann Lary



Cheryl Cook
4-25 ~ 12-10
Daughter of
Connie Graebner



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



Margie Starkey
4-30 ~ 12-3
Daughter of
Betty Abbie



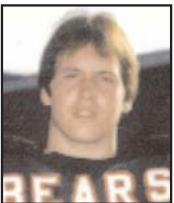
Russell McGilvray
4-15 ~ 4-29
Son of
Fran McGilvray



Herby Parr
4-19 ~ 7-30
Son of Sandy &
Herbert Parr



Allen Price
4-11 ~ 3-29
Son of Deborah &
Floyd Holcomb



Christopher Baggett
4-23 ~ 1-8
Son of Anita Demby



Joe Maland
4-2 ~ 8-17
Son of MaryAnn Girard
Son of Dave &
Jeanelle Maland



Jeremy Kersh
4-30 ~ 3-25
Son of Brad &
Debbie Kersh



Joshua Walker
4-29 ~ 6-25
Son of
Crystal Walker





We need not walk alone.

"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." —*Connie Buchanan*

April Anniversaries



Sarah Harvey
12-12 ~ 4-26
Daughter of Brian
Harvey & Lisa Kirley



Jill Tompkins
11-3 ~ 4-24
Daughter of
Karen Tompkins



Stephanie Carol Hester
5-9 ~ 4-2
Daughter of
Troy & Glenna Nicolls



Bobby Knott
11-6 ~ 4-24
Son of Bobby
& Virginia Knott



Shane McDade
2-17 ~ 4-12
Son of Lajeania
Culligan



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



Sally Snodgrass
3-1 ~ 4-15
Daughter of Leland
Snodgrass



Chad Cavazos
9-24 ~ 4-20
Son of Phyllis &
Dale Cavazos



Kody Maner
02-10 ~ 04-16
Son of Lauri Maner



Quinn Martin Muirhead
8-12 ~ 4-30
Son of Alice Fiedler



Christal Murphy
8-14 ~ 4-22
Daughter of
Debbie Johnson



Lindsey LeMon
12-20 ~ 4-27
Daughter of
Lisa LeMon



Deanna Holcomb
3-31 ~ 4-19
Daughter of
Pat Smith



Joshua Carl Tucker
5-17 ~ 4-15
Son of Judy
C. Googins



Lindsey Stewart
11-6 ~ 4-2
Daughter of
Stephanie Stewart



Ron Mitchum
8-3 ~ 4-15
Son of Glenda
Mitchum



Charlie Clakley
6-27 ~ 4-15
Son of Teri Clakley



Russell McGilvray
4-15 ~ 4-29
Son of Fran
McGilvray



Jamye Marie Crawford
3-10 ~ 4-12
Daughter of Judy
& Robbie Crawford



Zackery Browne
12-14 ~ 4-13
Son of Tim &
Kay Browne



Heath Hopson
12-8 ~ 4-23
Son of
Karen Hopson



Kristi Diaz
11-7 ~ 4-7
Daughter of
Julie Diaz



Ashley Allison
8-3 ~ 4-12
Daughter of
Roger & Robin Allison



Shanette Bland
8-9 ~ 4-26
Daughter of
Clarence Thomas





We need not walk alone.

"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

Finding Spring Again

It is the end of February, which means we are nearing the end of what has often been a brutal winter. While gazing at the mountains of snow piled high in my front yard and the foot-long icicles hanging from my roof, it is hard to imagine that spring will ever come. We have endured bitter cold winds that have chilled us to the bone and treacherous roads that we have cautiously traveled. The days have been long and dark and often free of sunlight. No matter how long you have been a native of the Upper Midwest, I know we all will be glad when it comes to an end.

However, as I described these thoughts about winter, I felt as if I was describing the days of my early grief. At that point, I did not believe that a day would ever come when I would thaw from the chill that had overtaken my body and mind. The bleakness of my existence during those early months after Nina died is almost frightening to remember; it is so difficult to even conceive of that much pain. I was anesthetized from some of its cruelty by the protective blanket of numbness that blessedly shielded me from the gale force of such overpowering sorrow. How could I ever feel spring in my heart again?

Spring had always been my favorite season. The air had a certain freshness to it that I would drink in. Simply put, it always made me feel happy and light of heart. Spring was our reward for surviving the freezing winter months that preceded it. It brought a smile to my face and a bounce to my step.

However, it was the spring of the year where my heart was irretrievably broken. It was during this exquisite season of warm, lilac-scented breezes and sun-kissed mornings where my sweet daughter Nina's life would end.

I wondered if my thoughts about spring would never be the same. Rather than anticipate with gladness the coming of spring, I dreaded it with the knowledge that it contained the anniversary of her death. The smell of the air and the look to the sky that I once found exhilarating now brought me back to my darkest day. I know that anyone, who has lost a loved one to death, no matter the season, understands.

Will spring come again to your life? In the almost six years since Nina died, has it come to mine? Looking back at my description of winter of "my early grief," I know that I have come a long way from that time of desolation. I have found, especially after the first two years, that with each subsequent spring, I have rediscovered some of the pleasure I used to feel. I have learned that just because I have found things to feel joyful about again, it doesn't mean I am dishonoring my daughter's memory. I now take her along with me in my mind and my heart. I try to retrieve memories of the dandelion bouquets she so carefully gathered and presented to me, the rides to the park in the Radio Flyer, our talks while sunning on the deck, and of course, shopping for spring clothes! Her favorite pastime! I will always feel tenseness, apprehension and sadness as May 11th draws near, but I no longer hold it against spring.

It is a slow, difficult journey, this grief pathway we travel. It is as treacherous as the roads we maneuvered following the winter storms, never knowing when we will hit an icy patch on the road and be thrown into a tailspin. Yet, we must travel it if we are to find any measure of peace and healing.

Please be patient with yourself as you are working hard to survive this winter in your heart. Trust that spring, though a much different one than the one we knew before our beloved child died, will come again.

Cathy Seehuetter ~ TCF, St. Paul, MN

Excerpts from "When a Child Dies from Drugs"

When grief first strikes, everything is perceived as though you are in a darkened room. Everything outside and beyond your present challenges and emotions does not exist. Then you realize that if you raise up the shades and let in even a sliver of light, you become more aware of your immediate surroundings and the room itself.

Slowly lifting up the shades, a few inches at a time, you see that the light begins to illuminate the entire room.

So it is with grief. In our devastation, we can only be aware of the immediate needs, the demanding pressures and the pain of the present.

Eventually...you will lift up the shades and step out of the darkness.

by Patricia & Russ Wittberger

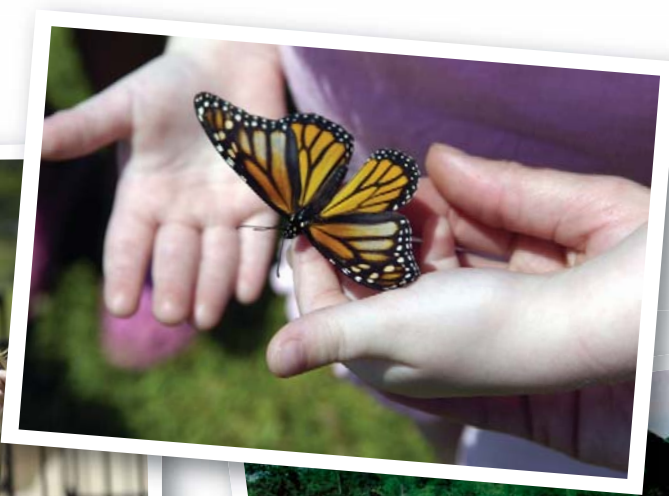


The Compassionate Friends of Tyler Butterfly Release

Release a butterfly for all
children who have died.

Saturday, May 21 at 1:00 p.m.

www.TylerTCF.org • 903-258-2547



**THE
COMPASSIONATE
FRIENDS**

Please join us for our 8th Annual Butterfly Release on May 21 at 1:00 p.m. at the First Baptist Church south campus, 17002 Hwy. 69 S., Tyler. Live Monarch butterflies are available for \$10 each. Please contact us at (903) 258-2547 for more information.

Offering Support and Understanding to Families Who Have Experienced the Death of a Child



We need not walk alone.

"There is no pain so great as the memory of joy in present grief." —Aeschylus

A Grandfathers Wish

I wish I could have taken you to a ball game today
But such a tragic event occurred unnecessarily
and took that dream away

You see the years you lived were just a mere short six
and months coupled with some days
You would have worn your team's favorite shirt and
hat while watching all the plays

A hot dog or two with the smell of popcorn
and peanuts would fill the air
The sound of the roaring crowd, a foul ball that
you caught, would bring us some good cheer

I wish I could have taken you camping,
swimming and fishing from our little boat
The great big smile you'd display from a
fish you caught now is just remote

No stories to tell your children
of the life that you once led
Is now a never ending battle
that every grandparent dreads

You see no Papa ever believes his grandson
will go before him because it's not a natural thing
I say love them dearly while you can
as we don't know what life will bring

*Miss you Brendonite
Papa Kyle*

Terrible Twos

In memory of Jennifer Privett

Jenny,
Since your death, you have missed:
2 birthday anniversaries,
2 Halloweens,
2 Thanksgivings,
2 Christmases,
2 summers and swimming pool sessions,
2 school openings,
2 sizes of shoes and clothing,
2 children who died of heart conditions and
2 pictures of them now sit beside yours,
too many children who died
too soon
too young.
Your Mom ~ *Susan Privett*

An Unbreakable Bond

From the same roots
Nourished by the same soil
We grew, side by side.
One a little older, the other a little taller,
Such different blossoms,
Different, yet strangely the same.
We grew, our lives entwined,
Held together by shared experiences,
Common joys and sorrows,
Whispered secrets known to us alone.
Through that bond of love,
We shared strength.
We grew, our different paths parting us,
An ocean between.
Yet slender tendrils of love still reached
Out to one another.
They touched and they formed a bond
Once more.
An unbreakable bond like steel,
Through which strength and love flowed
Once more.
Then, too soon, the bond tightened,
As I was drawn to her side.
Entwined once more, I held her
And watched helplessly,
As she withered and died.
I am alone.
Yet that bond of love,
That bond between sisters
Is eternal.
Even death cannot sever it,
Because my sister still lives
In heaven and in my heart.

*By Sharon Gray
Written for her sister, Jenny
Reprinted from "We Need Not Walk Alone"*

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.

The Compassionate Friends of Tyler

P.O. Box 9714
Tyler, TX 75711

We are happy to send our newsletter to you. We hope that it is helpful to you to be kept informed of chapter resources and activities and that you still wish to receive our newsletters that contain excellent material relating to grief issues.

To keep our mailing list current, we do ask to hear from you each year making sure that our information is correct and that you still wish to receive our mailings. If we did not hear from you in the last year please indicate any appropriate choices below and return the form to the address at the bottom of this page.

Your Name: _____

Child's Name: _____ Relationship: _____

Birth Date: _____ Death Date: _____ Cause of Death: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Telephone: _____

E-mail: _____

Please check any of following that apply.

Please continue sending the newsletter.

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

Please include my child's name and picture in the slide presentation at the Candle Lighting Ceremony.

Please include my child's picture and information on the TCF Tyler Web site. (www.TylerTCF.org)

I am enclosing a memorial to support The Compassionate Friends in the amount of _____
Please make check payable to TCF

In memory of _____

Please use this gift for:

TCF Newsletter Butterfly Release Candle Lighting TCF Events Other _____

The continuation of this chapter's work depends on donations. If you have not taken the opportunity to give a donation in memory of your child please consider taking this time to give a gift that will help reach out to other newly bereaved parents.

We must have your written permission on file to use your child's name and/or picture in the newsletter, Web site, Candle Lighting Ceremony or any other TCF event. Permission may be withdrawn at any time by written request. This information is used to maintain our Chapter Database. It is confidential and is only utilized for Chapter activities such as the newsletter.

(Signature) Date: _____

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



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



THE COMPASSIONATE FRIENDS[®]

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Tyler, Texas 75711



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www.TylerTCF.org