

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



By Henri Nouwen

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Welcome

To those attending your first meeting or receiving your first newsletter, we extend our hearts in understanding and regret the reason you are joining us. It is so difficult attending your first TCF meeting. Feelings can be overwhelming, but we have all experienced them and know how important it is to take that first step. Topics may vary at the meetings and your first meeting may be a topic which is not of interest to you at this point. Please plan to attend two or three meetings before deciding if TCF is of help to you.

Sept 9th meeting topic:

~ Getting yourself back after the loss

Oct 14th meeting topic:

~ Besides everything, the one thing you would change

