

New Year's Wish



I wish you gentle days and quiet nights. I wish you memories to keep you strong. I wish you time to smile and time for song...

And then I wish your friends to give you love. When your are hurt and lost and life is blind.

I wish you friends and love and peace of mind.

By Sasha Wagner TCF Des Moines, IA

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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.

Nov 11th meeting topic:

~ Even after everything, I'm still thankful for ...



~ Holiday meeting

