

The Compassionate Friends Of Northeast Arkansas Healing Hearts Newsletter

2211 Jones Road, Paragould, AR.

Up on the hill at Southside Community Church, in the Conference Room.

Email: tcfofnortheastarkansas@yahoo.com Webpage: tcfofnortheastarkansas.weebly.com

Facebook page: <https://www.facebook.com/groups/tcfofnea/>

Our next meeting is April 10th, 2014 at 7:00 P.M. — 9:00 P.M.



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The Compassionate
Friends
State of Arkansas
Regional Coordinators
David and Dana Penn
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www.djdp32@hotmail.co



Springtime.....

Written by Linda Lenox

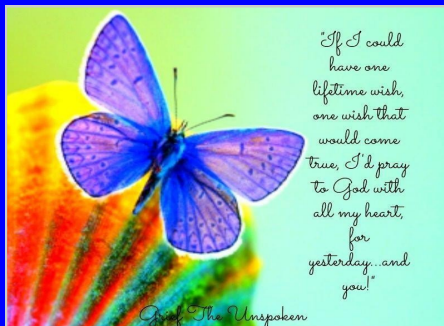
The time we look forward to; flowers and trees blooming, birds chirping, butterflies flitting around. Warm weather, after a long, hard winter like the one we just had. But what if these things can't make you happy? What if none of the things in your life that brought joy in the past can thaw the frozen pain in your heart?

Tragedies, such as the loss of a loved one; a child, a parent or a spouse, cause such a pain. Losing your child, of any age or for any reason, is a trauma that changes your life forever.

We, who have lost a child, count the seasons in tears. We see grey skies when others see sunshine. I remember the first time I actually saw color after my daughter died. It was about three years after her death, and we were simply driving down the road. The grass and trees were green! The sky was blue! It was amazing to me. I had been in counseling and was taking antidepressants, and it had been such a long, hard road, just to get that far, and much longer before I could think of my daughter, Melissa, without deep sadness. Now I can remember the good times; the funny things she used to say and do, her favorite foods, just the normal, little things of life that people who haven't suffered such a loss don't even think about.

When my daughter had been gone 5 years, I was diagnosed with breast cancer. Studies have shown that loss and the following depression lowers a person's immune system, leaving them open to serious or even deadly illness. It's important to take care of yourself. Medical help, in the way of counseling and medication is available, even more so now than 28 years ago when my daughter died. When Melissa died, I didn't care if I lived or died. When I had cancer, I had a 3 and an 8 year old daughter, as well as 2 teenagers, and 2 step-children, and I knew that I did not want to die. I lived and now have 16 grandchildren and 2 great-grand children. I also found out last weekend that my youngest daughter, who is 26, is expecting her 1st. Child. In spite of the horrible time when my daughter died, life has also been good. I still think about Melissa everyday, and some days I feel sad and cry; but not every day.

Be good to yourself; one day your world may be beautiful again.



Advisory Board Members

Associate Pastor Pat Graham, LMSW
Melissa Phillips, Owner of Bren's Flowers
Crystal Baldwin, MSNFP-BC
Mariah Bryson, General manager of Zaxby's

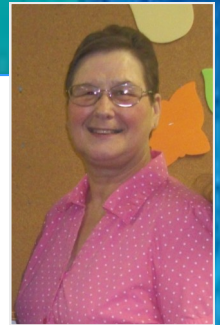
Thank you all for being on our board!

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Web address: www.compassionatefriends.org. Facebook: Compassionate Friends/USA



Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

Note from our Chapter Leader, Toni Baker



Hugs to all my dear friends of TCF of NEA!! Season is changing and so do our feelings and emotions. Mother's Day is right around the corner. I know this time of year for me brings back so many heartbreaking memories. I hear and see motorcycles and my heart sinks. Mother's Day was the last holiday my Jayson was with us. Our whole family visited both grandparents places that day and it was wonderful. The next day, May 9th, was horrific!! Even after 20 years I relive that horrible evening --just like it's happening all over again. It's a feeling I cannot describe but I would imagine you have felt it.

Some of you may have feelings about Easter--filling Easter Baskets and Easter egg hunts for our kids!! We must cherish all our wonderful memories of our loved ones gone too soon!! My thoughts are with each of you!!

TCF of NEA is in DESPERATE need of someone to keep up with obits so we can get the word out to grieving families that we are here for them. If anyone would like to take this challenge, please let me know and I will explain all the details.

Our next meeting we will have a speaker on art therapy--we will participate somewhat in this session -- our feelings, thoughts and emotions may be splattered onto a canvas!! Wear old clothes. Looking forward to seeing each of you!! Love and hugs to y'all!!

Toni Baker, Chapter Leader

Join Us on the Web!

tcfofnortheastarkansas.weebly.com

Join Us on Facebook!

<https://www.facebook.com/groups/tcfofnea/>

We'd love to have your feedback!

Our next 3 Meetings!

April 10, 2014
May 8, 2014
June 12, 2014

Mark Your Calendars!



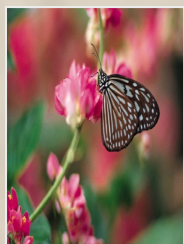
The Compassionate Friends does not espouse any religious ideologies. Southside Community Church has graciously offered the use of it's conference room as a meeting place for our chapter.
Thank You Southside Community Church!

If you wish to stop receiving this newsletter, or if you would like to contribute to the newsletter with an original poem or story you wrote, please contact me at:

linda@thelenoxfamily.com



Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas



Telephone or email Friends

Toni Baker, 870-476-6025 or baker2205@msn.com

Toni's son Jayson died in a motorcycle accident.

Linda Lenox, 870-573-6920 or linda@thelenoxfamily.com

Linda's daughter Melissa died in a flooded creek.

Jo Cook, 870-249-1290

Jo's daughter, Jennifer died in an accident with a train.

Upcoming Events:

April →

For our April meeting, we welcome special guest, Steve Gillespie. Steve will present a program of art therapy. This should be fun, as well as helpful. April 10, 2014 at 7:00

Wear clothing that you won't mind getting paint on

May ↓

Join us for The Compassionate Friends, 2nd annual Balloon Release, at the Loose Caboose Festival which is held in Paragould. We don't know yet where the Loose Caboose will be held this year, but we will let you know when we find out! We need volunteers to help at our table. This is a fun event, and the Balloon Release is a beautiful tribute to

Our Children Gone Too Soon

June →

During June, we will have our 3rd annual fund raiser selling Boston Butts, and Ribs from Payne's Meat. The meats will be ready for 4 of July Celebrations! We really need volunteers to help us sell these wonderful meats and raise money for our chapter!

July →

Chapter Leader, Toni Baker is looking into transportation, conference, and hotel costs. Please let her know if any of are interested in attending. This is one of the closest conferences to us and they are amazing!



The Compassionate Friends is pleased to announce that Chicago, IL will be the site of the 37th TCF National Conference July 11-13, 2014.

“Miles of Compassion through The Winds of Hope” The 2014 conference will be held at the Hyatt Regency O'Hare right near the airport. We'll keep you updated with details here, on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience!

The agenda for the conference: www.compassionatefriends.org

[http://www.compassionatefriends.org/Libraries/PDF/37th National Conference Workshops.sflb.ashx](http://www.compassionatefriends.org/Libraries/PDF/37th%20National%20Conference%20Workshops.sflb.ashx)



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The Open to Hope Show

Dr's. Gloria and Heidi Horsley now have a new radio show called *The Open to Hope Show* which replaces their popular show, *Healing the Grieving Heart*. Featuring experts who discuss the many aspects of grief, with a main focus on the death of a child and its effects on the family, the new show can be heard Thursdays at noon ET (9 a.m. PST) by going to www.opentohope.com. All archives of shows can be heard at www.opentohope.com

The Compassionate Friends recommends *The Open to Hope Show* as a grief/loss resource for families going through the natural grieving process after the death of a child. The ongoing series is dedicated to Dr. Gloria Horsley's and Dr. Heidi Horsley's son and brother, Scott Preston Horsley. It keys on issues of importance to families that have experienced the death of a child.

Hosts of *The Open to Hope Show* are: Dr. Gloria Horsley, bereaved parent with 23 years in family therapy; and Dr. Heidi Horsley, bereaved sibling and an adjunct professor teaching graduate courses at Columbia University's School of Social Work, including Intervention for Grief, Loss, and Bereavement.

Shows cover such topics as: A Child Dies--What to Expect and How Long Does it Take?; Grief in the Workplace; Where Does Sadness End and Depression Begin After the Death of a Child?; Faith, Brokenness, and Healing After the Death of a Child.

These hour-long shows, broadcast live at 9 a.m. Pacific (noon Eastern Time) on Thursdays, feature experts in the bereavement field and your phone calls and questions are welcome during the live broadcasts. For more information and to listen to the live broadcasts, visit www.opentohope.com. Dr. Gloria and Dr. Heidi previously hosted the popular show, *Healing the Grieving Heart*.

The Hosts

Dr. Gloria Horsley has worked in the field of family therapy for over 20 years, holding graduate degrees from the University of Rochester, Syracuse, Greenwich, and Holos Universities. Her early research involved Hospice and AIDS therapy. She has served on the faculty of the University of Rochester School of Nursing and has trained and practiced with leaders in the field of family therapy. Author of several books, Dr. Horsley has appeared on a number of radio and television shows including *The Today Show*. Dr. Horsley's 17-year-old son, Scott, died in a one-car accident in 1983 prompting her relationship with The Compassionate Friends, which started out with the need for healing and has evolved into a commitment to help those families that have

Dr. Heidi Horsley is a licensed psychologist and social worker who wrote her doctoral dissertation on the sudden death of a sibling. Her 17-year-old brother, Scott, died in an automobile accident when she was 20. Dr. Horsley is in private practice in Manhattan and works for the FDNY-Columbia University Family Guidance Program with families that lost a firefighter in the World Trade Center. She co-authored the book *Teen Grief Relief: Parenting with Understanding, Support, and Guidance*.



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Our Children Remembered

Melissa Wilkinson

Jayson Baker

Cooper Catharine Porter

Nathan Kidd

Haylee Kidd

Nicholas Zurosky

Jennifer Cook

Timothy Lee Fitzwater

Samantha Cook

Shane Mathew Fitzwater

Jennifer Lee Hancock

Aaron Scott Boyer

Ashlyn Dunn

Aidyn Isaiah Queen

Annaya Marie Edwards

Shane Palmer

Tabitha Marsh

Steven Charles Garland

Stephanie Sluder

Timothy House

Julie Ellen Amick

Carter Smith

Olivia Jurkin

Tyler James Tritch

Terry Brown

Jayden Wilkinson

Caiden Billups

Blake Howerton

Andrew Wayne Myers

Jon David Penn

Joseph "Chase" Jackson

Tyler James Troutt

Matthew Russo

*If you would like your child
added to this list, contact me:
linda@thelenoxfamily.com*



In Loving Memory...

There are no dues or fees to belong to The Compassionate Friends. We have all paid the ultimate price; the loss of our loved ones.

Through "Love Gifts," parents and others who wish to help, may provide financial aid to support our chapter.

We appreciate these gifts and use them in our chapter's work to be there to help other people who have lost a precious a child, or grandchild, or brother or sister.

The Compassionate Friends of Northeast Arkansas

We ask for donations in memory of our children who have died. Our activities support the grief work of families in our area. Our work is also used to educate the community about the grief process and how everyone can help and give emotional support to bereaved families. Please help us help others by making a "love gift"

Tax deductible love gifts may be sent to:

TCF of Northeast Arkansas, c/o Toni Baker, chapter leader
2703 Stonegate Drive, Paragould, AR 72450

Donations can also be made through our web page
or through our online store:

tcfofnortheastarkansas.weebly.com

This page can be printed and folded to form an envelope for your love gift. Fold as directed, insert your check, and tape the ends closed

I would like to give a love gift of \$_____ in memory of

From (relationship) _____

If you choose to give a love gift, please add your return address to receive your tax deductible receipt

May we acknowledge your love gift in our newsletter: Please Circle YES NO

If you would like your loved one's name added to our memorial page,
"Our Children Remembered" in our newsletter, Please submit the following information:

Child's full name _____

Your relationship _____

If you no longer wish to receive this newsletter, please email: linda@thelenoxfamily.com



**The Compassionate Friends of Northeast Arkansas
2703 Stonegate Drive
Paragould, Arkansas 72450**

Address Service Requested