

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 August 14th, 2014 at 7:00 P.M. — 9:00 P.M.



Inside This Issue

National Grief Awareness Day 1

Note From Toni 2

Telephone Friends Up-Coming Events 3

Shoebox Recycling Fund Raiser 4

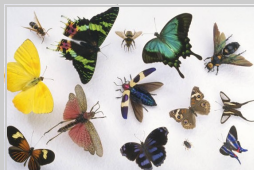
Working Through the Grief of Losing a Child By Caroline Flohr 5

Our Children Remembered 6

Love Gift Envelope 7



The Compassionate Friends
State of Arkansas
Regional Coordinators
David and Dana Penn
870-759-1299
www.djdp32@hotmail.com



National Grief Awareness Day August 30th

Join us in bringing grief out of the darkness & into the light.

Join our NGAD projects!

- **Poster selfie**
Take a photo of yourself holding a poster supporting NGAD
- **Video selfie**
Create a short video of yourself sharing who you lost and how grief has changed your life
- **Documentary**
Sign a release allowing us to publish your selfies, and we'll include it in this year's documentary to be released 08/30/14.

documentary@nationalgriefawarenessday.com
www.nationalgriefawarenessday.com

We delight in the beauty of the butterfly,

but rarely, admit the changes it has gone through to achieve that beauty.

~ Maya Angelou

THE COMPASSIONATE FRIENDS
 Supporting Family After a Child Dies

We want to give a big “thank you” to Swirlz of Paragould for sponsoring the fund raiser for The Compassionate Friends of Northeast Arkansas, last night, August 5, 2014.

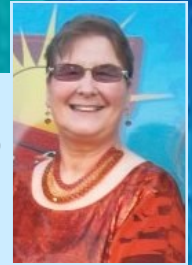
Mr. Nunn is a great asset to our community; he sponsors 2 fund raisers per week from his business, which aids many organizations in Greene County, as well as doing many other good works. Thank you, Mr. Nunn!

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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



I believe summer is about gone and school will be starting once again. When we look at school times some of us think of what grade our child would be going into --new thoughts and questions go through our minds. Are you journaling your thoughts??

A couple things TCF of NEA are participating in the next few months, and we need some volunteers to help plan these events. Anyone willing to volunteer PLEASE come to Swirlz at 9:30am for a meeting to share ideas for the coming events!!

We are collecting shoes (good used) as a twofold fundraiser. We fill boxes with shoes (no flip flops, boots, skates or slippers) and mail back into Shoe Box--they will give our chapter 50 cents a pound and then they send them to other countries for people with no shoes. We have a box at Post Net and Southside Community Church so far. I will check Walmart to see if we can set them in their entry ways. Please collect shoes from your family and friends and bring to our next meeting or give me a call and I'll pick them up. I collected a box and half while in Iowa so sent one box in already!! You can do this!!! One of the reasons for some fundraisers is to raise money to help those in our chapter to go to our next National Conference in Dallas, Texas in July 2015. If you are interested please let me know and start saving. These conferences are fabulous!!

Our chapter would like to purchase or have a donor donate a button machine. If you know of someone willing to donate towards one please have them go to our website and donations are accepted online.

Our Family Picnic and Walk to Remember in memory of our loved ones will be held on Saturday, October 25th at Crowley Ridge Park in the shelter by the lake. Mark your calendars as we really would like everyone to attend!! This may be an ice breaker for those of you who have not yet attended a meeting but interested in meeting some of us to feel more comfortable. Thank you for all you do and for the encouragement you give one another. Our friendships are a special bond showing understanding, respect, encouragement and love to one another.

Love and Hugs! *Toni*

Join Us on Facebook!

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

Join Us on the Web!

tcfofnortheastarkansas.weebly.com

We'd love to have your feedback!

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

linda@thelenoxfamily.com

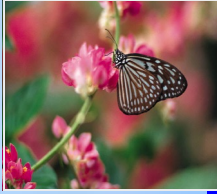
Our next 3 Meetings!

August 14, 2014
September 11, 2014
October 9, 2014





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:

Currently →

We are currently sponsoring a fund raiser to benefit our chapter. Through an organization called "Shoebox Recycling," we are collecting used, wearable shoes to recycle for countries in need. Details for the collection of shoes are on page 4. Our chapter will received funds per pound of shoes we collect and send back, postage paid, to Shoebox Recycling



October →

In October we will be sponsoring our 2nd Annual Family Picnic and Walk to Remember. We will be serving bar-b-que sandwiches, and are asking everyone to bring a covered dish to share with the group. TCF of NEA will supply plates, eating utensils, etc. Everyone is welcome to bring family or friends! This isn't a meeting, so children are welcome. After the meal, we will have our "Walk to Remember," in which we will walk and carry small signs with our children's name on each, in remembrance of our children, grandchildren and siblings "Gone Too Soon." We will have a door prize and a few items for sell. We will need a count of people likely to attend so we can make sure to bring enough food and supplies.

Please contact Toni, 476-6025, or email, tcfofnortheastarkasas@yahoo.com if you can come. Last years event was fun!

There is no charge for this event; we have all paid the ultimate price.



December →

On December 14th we plan to hold our World-Wide Candle Lighting. This year would have been the 3rd Annual Candle lighting for The Compassionate Friends of Northeast Arkansas, however, our event in 2013 had to be canceled because of dangerous roads. Our first Candle Lighting was a very beautiful and moving tribute to our lost loved ones. Please sign in at the door to have your loved ones names read aloud on stage.

Because this is a world-wide event, candles will be burning for 24 hours around the globe. Please try to be there by 6:00-6:30. We will begin lighting our candles in time to have them all lit promptly by 7:00 P.M. We will supply a candle for each participant to hold. Please bring a picture of your loved ones; we have a table to display the pictures. We will have the reading of our loved one's names, and the lighting of the 5 candles on stage. Refreshments will be served after the event, and there will be a door prize. As with all of our events, there will be no charge. We do our work with the help of love gifts given to our chapter. These donations, and our fundraisers pay for our newsletter, our events, and any crafts we do in our meetings, and are very much appreciated. Further information will be posted as we get closer to the time for this event.





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ShoeBox Recycling

Recycle your shoes, find your SoleMate

ShoeBox Recycling is proud to be a
for-profit recycler of shoes.
www.ShoeBoxRecycling.com



Scour your closets. Find all the shoes you have but no longer wear. Fill a box. Write a SoleMate Note. The shipping is on us. **It's really THAT SIMPLE!**

Shoes we accept: All gently worn, paired men's, women's and kids shoes that are still *reusable and re-wearable!* That means no holes in the soles, nothing wet, mildewed or torn. This includes athletic shoes, dress shoes, casual shoes timberland type work boots, sandals, heels, flats



Shoes we do not accept: Ski boots, winter boots, roller skates, ice skates, roller blades, flip flops, crocs, bedroom slippers or single shoes



ShoeBox Recycling collects shoes for reuse. All shoes collected will be sold domestically or internationally, where affordable options are needed. This fuels local economies and creates jobs, while helping the environment. Thank you for making the world a little smaller, little friendlier and a little greener.





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Moving Through The Grief Of Losing a Child Written by Caroline Flohr



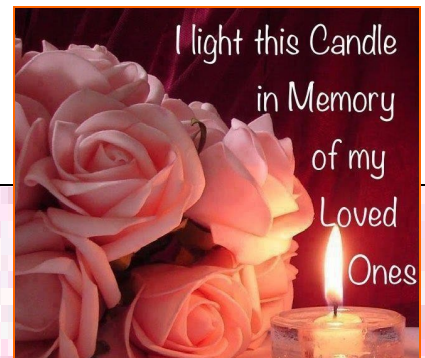
I was a woman like many others; focused on my five children and family, living a quiet life on Bainbridge Island in the state of Washington. And then, in August 2004, our lives changed. That night, eight teenagers piled into an SUV and took a midnight joyride. My 16-year-old twin daughter, Sarah, was killed.

The thought of losing a child--if "losing" is the correct verb--had never crossed my mind. Tragedies, as such, were something that happened to someone else, something you read about in the paper or heard from a neighbor. Nothing could have prepared me for the deep pain...but nothing could have prepared me for the peace that now permeates my mind and heart. The shock sets in; everything moves in slow motion as if time comes to a halt, and time has halted. An acquaintance delivers a candle on day six with a card inscribed, "Place this candle in your kitchen. Each night while you prepare the family meal know that the shimmering of the candlelight reflects the child who now lives within you." A lovely thought. Eight years later, I still light a candle on my kitchen windowsill. My child lives *within* me now. The days turn to weeks. Friends surround you, keeping you busy, your mind occupied. Absorb their kindness. Accept their help. Eliminate expectations. Learn to be gentle with yourself. Give yourself space. Make room for quiet. Always remember that grief is personal, as is death. There is no right way or wrong way to grieve. Seek out therapy. You may be ready. Share your story and connect with others. Surround yourself with those who will listen, not necessarily those who will offer advice. For it is when others listen that we can sort out our thoughts and settle our mind. Your inner strength seeks you out, sometimes sooner in the process, sometimes later. That strength moves you forward--tiny steps in this process. Let the memories fill your mind. Let yourself laugh again. Smile. Sing out when a favorite song you shared plays on the radio. Let your heart awaken to the joys memories bring. Pay attention to the synchronicity and patterns in your life. Pay attention to your intuition. And pray. It doesn't matter what you believe. Just ask, notice, and respond. Faith, hope and love all intersect. Maybe things will begin to make a little sense, just maybe. Look to your children who live. Note their resilience and strength during this epic period of trauma. Let their sense of life and hope inspire you. When the pain returns, and it will, allow yourself to go to the depths of that pain. Cry. I promise, you will be okay when you resurface. And as you move towards years four and five, you will learn that yes, life has been a living nightmare, and it is okay to admit that. Realize that as the years pass, you will learn to weave your loss into your daily life. Accepting the loss of a loved one is to release, but not erase. To hold. But not to hold the pain. As year five turns towards eight, my hope is that you can slowly wrap yourself around the idea that you can celebrate life and celebrate death. Death and gratitude can go hand in hand. Just possibly, it is those who have passed before us who are our greatest teachers. Remember always that you never walk alone because the life of someone who passes lives on in the love you shared.

Author's Bio:

Caroline is the author of Heaven's Child, www.HeavensChild.com. From the knock on the door to the realization that death and gratitude can walk hand in hand, the reader walks beside Caroline in this most raw and real story. Today she lives full-time with her family on Bainbridge Island in Puget Sound, watching the ferries pass to and from downtown Seattle. She claims inspiration from combing the beach for sea glass and treasures, running the island's trails with her yellow lab, tending her perennial garden, skiing in the Cascade Mountains, reading good literature, traveling, biking, hiking, playing tennis, and writing.

Caroline Flohr
www.HeavensChild.com
amazon.com/author/carolineflohr
carolineflohr@gmail.com





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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

Mattie Bryant

Terry Brown

Jayden Wilkinson

Caiden Billups

Blake Howerton

Andrew Wayne Myers

Jon David Penn

Joseph "Chase" Jackson

Tyler James Troutt

Matthew Russo

Brent Hawkins

*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 grand-child, 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