



**The
Compassionate
Friends**
of Northeast Arkansas
Supporting Family After a Child Dies

Advisory Board Members
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Mariah Bryson, General manager of Zaxby's
Rick Nunn, Owner of Swirlz

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 February 12, 2015 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
870-759-1299
www.djdp32@hotmail.com



The Compassionate Friends was founded over 40 years ago when a chaplain at the Warwickshire Hospital in England brought together two sets of grieving parents and realized that the support they gave each other was better than anything he, as a chaplain, could ever say or provide. Meeting around a kitchen table, the Lawleys and the Hendersons were joined by a bereaved mother and the chaplain, Simon Stephens, and The Society of the Compassionate Friends was born. The Compassionate Friends jumped across the ocean and was established in the United States and incorporated in 1978 in Illinois. Each chapter, along with the supporting National Office, is committed to helping every bereaved parent, sibling, or grandparent who may walk through our doors or contact us.

Today TCF has about 660 chapters serving all 50 states plus Washington D.C., Puerto Rico, and Guam offer friendship, understanding, and hope to bereaved parents, siblings, grandparents, and other family members during the natural grieving process after a child has died. Around the world more than 30 countries have a Compassionate Friends presence, encircling the globe with support so desperately needed when the worst has happened.



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

Healing Hearts Newsletter

The Compassionate Friends of Northeast Arkansas

Note from our Chapter Leader, Toni Baker

Love and Hugs to you all!! The month of love but really love is daily. I'm in Iowa at the moment but will be back for our meeting Thursday, February 12th. This month our meeting is "Stressed Hearts". I hope you will be able to join us and celebrate the love of your child, grandchild or sibling. I'm not sure how our Pampered Chef Fundraiser went yet--she is tallying up the orders. Thank you to all who helped and ordered. We appreciate your support to keep TCF of NEA going.

The National Conference is coming up in July and would love to see a few of us attend. These conferences have many break out sessions that help many bereaved parents. It's in Dallas, TX this year. More information inside this newsletter. Please contact me if you are interested in attending or want to know more about the conference.

We are also in need of a Secretary and a few other positions on our Steering Committee. We work together and continue promoting TCF. We need parents/grandparents/siblings too who have also been traveling their grief journey for awhile to give hope and encouragement to the newly bereaved --please step forward and give back to help others. I started this chapter as a tribute to my son, Jayson, who died going on 21 years ago due to a motorcycle accident. I want to help others who are grieving their devastating loss and let you know there is hope and we can go on. We have to learn a new normal--it's not easy but it is possible. Don't get me wrong--it never goes away--it's like a sore which is healing but every once in a while the scab is bumped or partially removed and emotions arise--it bleeds and hurts and starts to try and heal again. A piece of our heart is gone like a piece of puzzle missing. Let's talk about a "Stressed Heart" at our meeting!! Looking forward to seeing you the 12th. Love and Hugs my dear friends!!

Toni Baker, Chapter Leader
870-476-6025



We'd love to have your feedback!

Join Us on Facebook!

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

Join Us on the Web!

tcfofnortheastarkansas.weebly.com



The Compassionate Friends does not espouse any religious ideologies. Southside Community Church has graciously offered the use of its 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!

February 12, 2015

March 12, 2015

April 14, 2015

Mark Your Calendars!



Healing Hearts Newsletter
The Compassionate Friends of Northeast Arkansas

WHY?

Oh Daddy, why did you have to hurt me?

Why did you go buy that gun?

Dear son, why did you have to leave me?

My only child, my only son.

Why does the world have to be so cruel with violence all around?

Why do I need the bass so much?

Why do I hunger for its' sound?

Why have I survived this long?

Why must I grow old?

Why do I question everything that life will soon unfold?

Why have I been beaten down only to make me deeply care?

Why do I still give a shit when life's been so unfair?

Why do I question everything?

Always searching for the lie

In an untrustworthy society

Why must I keep asking why?

Why is life so beautiful,

happy, sad, crazy and insane?

Why am I still standing

And learning from this pain?

**Why was I born to this place as a human in the USA,
Living and dying at the same time
Experiencing love as I decay?**

Why are some things so important to me and to others they are not?

Why do we all experience life differently with battles that must be fought?

Why do I feel I'll know the answers some-day

To all these questions why?

My instincts tell me all will be revealed when I kiss this world good-bye.

Until then I'll just keep guessing and breathe and struggle and live, smile, laugh, taking life day by day til I've given all that I can give.

**And when the day comes, I die,
And all will be revealed,**

**Maybe I'll understand this crazy life
And my shattered parts will be healed.**

-Karin Miller

Healing Hearts Newsletter

The Compassionate Friends of Northeast Arkansas

Upcoming Events:

February

We will have our regular meeting on February 12, 2015 at 7:00 P.M. at our regular meeting place, the conference room, up the hill from Southside Community Church, 2211 Jones Road, Paragould.

May

The Annual Balloon Release will be held in May; more information will be posted as it becomes available.

July

The 38th Annual National Conference will be held this year in Dallas Texas, July 10-12, 2015. More information in on page 5. The National Conference is held in a different city each year. This conference in Dallas may be one of the closest ones to travel to that is closest to Paragould.

Our Mission

The mission of The Compassionate Friends: *When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.*

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 orlinda@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.

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The Compassionate Friends is pleased to announce that Dallas, Texas, will be the site of the 38th TCF National Conference on July 10-12, 2015. "Hope Shines Bright ... Deep in the Heart" is the theme of this year's event, which promises more of last year's great national Conference experience. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. 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 Hyatt Regency Downtown Dallas, 300 Reunion Blvd., Dallas, TX 75207, is now accepting reservations for TCF's National Conference. To make your reservation, please access the following link, which will take you directly to TCF's reservation portal on the Hyatt's website. Conference attendees are receiving a discounted room rate of \$129. We anticipate a large attendance for the conference, so we encourage you to make your reservation as soon as it is convenient for you.

Sponsorships

A variety of sponsorships are available and can be found here, on the Compassionate Friends National website, under **EVENTS: [38th National Conference Sponsorship Form](#)** To confirm your sponsorship, please call Lisa Corrao at the National Office, fill out the form and e-mail it to lisa@compassionatefriends.org, or fax it back to us at 630.990.0246.

Questions? Please contact us at 877.969.0010.

Anyone receiving this newsletter who is interested in going to the National Conference, please contact: Toni Baker, Chapter Leader of The Compassionate Friends of Northeast Arkansas,

[Toni Baker, 870-476-6025](tel:870-476-6025) or baker2205@msn.com

**Healing Hearts Newsletter
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Our Children Remembered

Melissa Noel 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

Shayla Jo Miller

Jayden Wilkinson

Jasmine Sierra Miller

Caiden Billups

Blake Howerton

Andrew Wayne Myers

Jon David Penn

Joseph "Chase" Jackson

Tyler James Troutt

Matthew Russo

Brent Hawkins

Nathan Swafford

Daryl McWilliams

Billy Ray

Noah Spencer Boyd

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



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

ADDRESS SERVICE REQUESTED

_____ Please check here and return this page if you
no longer wish to receive this newsletter.
You DO NOT have to attend meetings to receive newsletter.

Address Label

IF YOU ARE MOVING, Please send us your change of address.

Expenses of our newsletter and meetings are covered by monetary donations given by those who want to help in our outreach. It may be given in memory of your child, a loved one or a friend. Contributions are tax-deductible.
Make checks payable to: The Compassionate Friends of NEA
Send to: TCF of NEA, 2703 Stonegate Drive, Paragould, AR 72450

\$ _____ For: _____ Newsletter Expense _____ Meeting Expense _____ Where Needed

IN MEMORY OF (state relationship) _____

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We truly appreciate your love gifs.

The Compassionate Friends of Northeast Arkansas is a support group for those who have experienced the death of a child, grandchild, brother or sister. Parents whose sorrow has softened and who have found fresh hope and strength for living offer friendship, understanding and hope to others through monthly meetings, "telephone friends," a library table, and a newsletter. Attending your first meeting does take courage, but our parents who do attend find a comforting network of support and friendship that only friends ho have "been there" can give. COME JOIN US!!