

The Compassionate Friends Of Northeast Arkansas



Healing Hearts Newsletter



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

2211 Jones Road, Paragould, AR.

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

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

Our next meeting is July 11, 2013 at 7:00 P.M.

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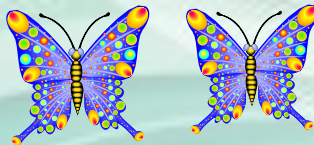
One More Holiday Without Our Loved One

The 4th of July means many things to different people.

For many, it was a day for families to gather for picnics, swimming, or any summer activity ending with beautiful fireworks displays.

For bereaved parents, siblings and grandparents, it was one more reminder that someone we love is gone from our lives forever. Family gatherings can sometimes be especially difficult for people who are bereaved. That empty chair at the table, a child's special favorite picnic food, even the usual squabbles between brothers and sisters that is now quieted forever is a constant reminder.

I hope those of us who are bereaved survived the day without too much pain. So many of our friends and families didn't understand our sadness. We hope they never do.



New Mission Statement:

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provide 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. (Adopted 2-25-2012)

We have a webmaster, Jelani.

tcfofnortheastarkansas.weebly.com

Thank you, Jelani

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TCF National Office: PO Box 3696, Oak Brook, IL 60522-3696. Phone: 630-990-0010. Fax: 630-990-0246.

Web address: www.compassionatefriends.org. Toll free national office: 877-969-0010



A Poem for Nick Zurosky

Love, Mom

My sweet darling Nick
I'm so sad that you're gone
With half of my heart missing
It's hard to move on.

I wish I wouldn't have let him in the house
I wish that your life did not end
I hope that you didn't suffer
You are my youngest best friend

Why did you have to die so young
You were just starting to mature
You will be remembered by many
I know this for sure

You were my only son
You mean the world to me
And I cry so hard missing you
I can't even see

I want to hold you in my arms again
To show you how much I care
But I have these great memories
In which I can share

You are so special
One of a kind
Always in my heart
Always on my mind

My love for you is endless
I hope you're in a peaceful place
Where others can gaze into your blue eyes
And see your smiling face

Continued



Nicholas Anthony Zurosky

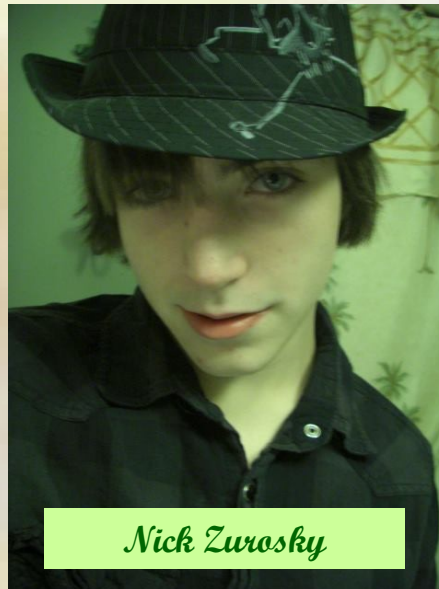
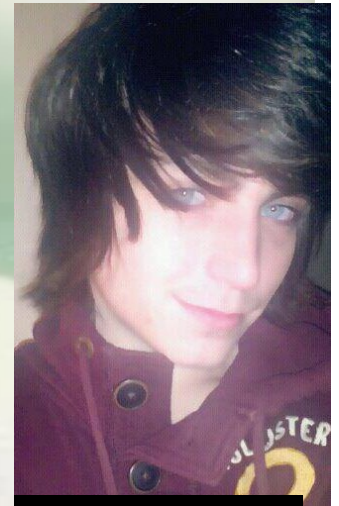
I miss your dancing
And the songs you would play for me
I miss going down to the creek with you
Where we could just simply be

I miss the long talks we had
And the messes in your room
There's a gaping hole in my soul
You were taken away too soon

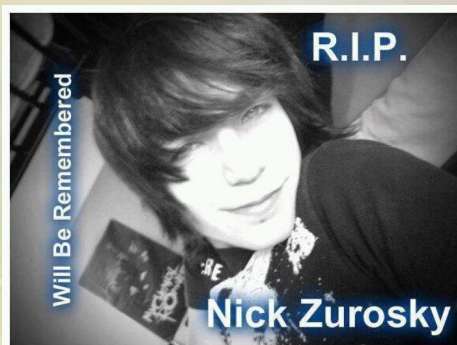
Remember how much I love you
In each and every way
You are such a huge part of me
Hope to see you again some day!

I Love You Always,
Mom

Written by Karin Miller



Nick Zurosky





Grief Support For Siblings

"When you close your eyes and remember, don't forget that your sibling rests yet in you, in your heart and in your thoughts, in everything you do. They will never leave you alone. You have a listener at your beck and call. What a gift!" ~ From a Sibling.

When a child has died, siblings are often referred to as "the forgotten mourners." While parents usually receive most of the support of relatives and friends, siblings generally receive little—often being asked "How are your parents doing?" The Compassionate Friends is an organization that is not just for bereaved parents. It's also for bereaved siblings (and grandparents). Some chapters have sibling subgroups (which welcome siblings age 14 and up) while adult siblings are welcome at all TCF chapter meetings. Contact your local chapter to find out their policies on siblings attending meetings.

Also, we invite you to contact our National Office at 877-969-0010 and request a customized bereavement packet assembled just for you. There is no charge. We will also be happy to give you a referral to your nearest TCF chapter so you can attend when you feel ready.

Here on The Compassionate Friends national website, you will find support in a number of different ways.

- 1) [Online Support Community](#) (live chats) allows you to talk with other bereaved siblings from across the country during the Online Support Community sessions held every week. These sessions are limited in number of participants and have trained monitors who are also siblings.
- 2) Recommended sibling materials are offered through [TCF Exclusives](#).
- 3) Two brochures made specifically for bereaved siblings:
 - [When a Brother or Sister Dies](#)
 - [Adults Grieving the Death of a Sibling](#)
- 4) All TCF National Conferences and many regional conferences offer workshops and other activities specifically geared for bereaved siblings.

[TCF National Conference](#) [TCF Regional Conferences](#) (Find links and information at: compassionatefriends.org)

- 5) [We Need Not Walk Alone](#), the national magazine of The Compassionate Friends includes stories for siblings as well as the popular sibling column "Ask Dr. Heidi." You can now receive a free online subscription to this magazine by clicking on "Sign Up For National Publications" at the top of this page.
- 6) TCF chapters that provide sibling support (use [chapter locator](#))
- 7) You'll notice links throughout the website to our Facebook Page. We hope you will join and thus have the opportunity to interact with other siblings, as well as parents and grandparents who "get" what you're going through.



Our next 3 Meetings!

August 8, 2013

September 12, 2013

October 10, 2013

Mark Your Calendars!





Note From Chapter Leader, Toni Baker

TCF of NEA would like to thank all who sold and/or purchased Boston Butts or Ribs and to those who spread the word. We had a great fundraiser. We are a non-profit organization and the fund raisers are to help with newsletters, postage, brochures, meetings and events. We are very grateful to all who support TCF of NEA through Love Gifts, donations and sponsorships. We cannot do it without your support!!

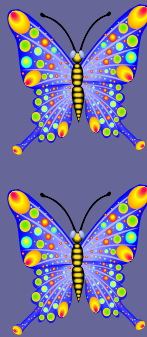
THANK YOU!!

I hope you all enjoyed the Fourth of July Celebrations!! If you know someone who may benefit from receiving our newsletters, please send me their name, address and/or email address.

Our email is: tcfofnortheastarkansas@yahoo.com and be sure and check out our website at: www.tcfofnortheastarkansas.weebly.com.

Hope to see you at our next meeting on Thursday, July 11th at 7pm.

Love and Hugs!! Toni



WE HAVE REFRESHMENTS AT OUR MEETINGS:

If you would like to remember your child's birthday or any other significant date by bringing a snack of some sort to the meeting that month, you are welcome to do that. We would appreciate having treats brought to any meeting (please let us know ahead of time). **Thank you.**

The Compassionate Friends of Northeast Arkansas had a fund raiser in June sponsored by:

Payne's Meat Sales

This event was a great success and the funds earned will help in our work to help those who have lost a child, grandchild or sibling, of any age and for any reason.

Thank You, Payne's Meat Sales!

The Compassionate Friends does not espouse any religious ideologies.

Southside Community Church has graciously offered the use of it's conference room as a place for us to hold our meetings

Thank You Southside Community Church!



The Compassionate Friends of Northeast Arkansas



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The Compassionate Friends

Regional Coordinators for the
State of Arkansas

David and Dana Penn

870-759-1299

www.djdp32@hotmail.com

I know

I know you, though not your name. I've seen your pain in my own eyes
 Ten years ago when it was new, to my own child, I said goodbye.
 I recognize the red rimmed eyes, the look of panic always near.
 You want to say it's all a lie, and yet you know the truth so clear
 Not long ago your life was fine, you never thought of death or grief.
 Now your life's a daily grind, you wish for peace, however brief.
 Your child was sweet and beautiful, so full of life and wonder.
 Who could have known a life so cruel; your world's been torn asunder.
 Depression is a cold, black hole, it's depth feels never ending.
 The pain sears through your very soul, your heart is broke, not mending.
 In time they say you will survive and go back where you've been.
 On your own you will find out; you can't go back again.
 You can go on to build anew, a life without your child.
 It may take years before you view her picture with a smile.

Written by Linda Lenox for the 10th anniversary of Melissa's death

Someone I love has gone away
 and life is not the same.
 The greatest gift that you can give
 is just to speak their name.

I need to hear the stories
 and the tales of days gone past.
 I need for you to understand
 these memories must last.

We'll never make more memories
 since they are no longer here,
 so when you say their name to me
 it's music to my ear.

kp fb/wingsofhopetakingforward

Another month

Another year.

Another smile.

Another tear.

Another winter and

another summer too.



But there can never be another YOU!



THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

- author unknown

VOLUNTEERS NEEDED!

TCF of Northeast Arkansas is in need of some volunteers to help with events, librarian, newsletter mailings, gathering info from referrals and obits, grant writer, etc. If you are interested or know someone who may be interested in helping our Chapter, please contact me at 870-476-6025 or

tcfofnortheastarkansas@yahoo.com. Thanks!



The Compassionate Friends of Northeast Arkansas



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What to expect when you attend a Compassionate Friends meeting:

It can be really difficult to go to a meeting for the first time, and we understand that. People who are regular attendees may greet and hug each other; some may prefer not to hug, and that's OK. The meeting is opened by our chapter leader, Toni Baker.

We sit in a circle and introduce ourselves. Each person may tell their own story; no one has to speak, but we are all obligated to listen. Our meetings are private; what is said there, stays there.

No one will tell you not to cry. No one will say that it's time to get on with your life. No one will say "get over it."

We understand that we all have to learn to live a new and different life without our loved ones. This is hard to learn and it takes as long as it takes. We will hand you the tissues, and offer a shoulder to cry on. We will hurt with you.

You need not walk alone;

we are The Compassionate Friends

Telephone or email Friends

If you need someone to talk to.....

Toni Baker, 870-476-6025 or baker2205@msncom

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.



I MISS YOU.

My mind knows

*that you are in a better place
where there is no pain.*

You are at peace.

*I understand that, I just wish
I could explain it to my heart.*

*There is an empty space in it that nothing
will ever fill.*

***I grieve, but I know my tears
are for me.***

*We will be together again. Until then,
my love will always be with you.*

Mountain Wisdom@facebook.com

Do not judge the bereaved mother.
She comes in many forms.
She is breathing, but she is dying.
She may look young, but inside she has become ancient.
She smiles, but her heart sobs.
She walks, she talks, she cooks,
She cleans, she works, she IS,
But she IS NOT, all at once.
She is here, but part of her is elsewhere for eternity.
A Child that loses a parent is an orphan,
A Man who loses his wife is a widower,
A Woman who loses her husband is a widow,
However, there is no name for a parent that loses a child.
For there is no word to describe such pain.



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Melissa Wilkinson

Jayson Baker

Cooper Catharine Porter

Nathan Kidd

Haylee Kidd

Nicholas Zurosky

Timothy Lee Fitzwater

Shane Mathew Fitzwater

Aaron Scott Boyer

Jennifer Cook

Samantha Cook

Tyler James Tritch

Ashlyn Dunn

Carter Smith

Jayden Wilkinson

Shane Palmer

Terry Brown

Stephanie Sluder

Caiden Billups

Timothy House

Tabitha Marsh

Jennifer Lee Hancock

Steven Charles Garland



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 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 also goes 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

This page can be printed 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 deduction 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 check this box and return it to us.

Or email: linda@thelenoxfamily.com

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2703 Stonegate Drive

Paragould, Arkansas 72450

Address Service Requested