



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 August 8, 2013 at 7:00 P.M.

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Coping With Back to School Days

It's that time of year again; time for the kids to go back to school. Many parents are happy to send the kids back to school and end the long days of "I'm bored, lets DO something!" There's the excitement of new school supplies, and new clothes, new classes and new friends. This should be a happy time, right?

For bereaved parents it can be a day of dread. If your child was miscarried, stillborn or died as an infant or toddler, you might count the years for which grade he or she would be in now. If your child was old enough to be in school when he or she died, you may see the little classmates getting on and off the school bus, while your child is forever absent, or the first time he or she got to drive to school on their own, or the first day of college. Very often it seems as if it will never end. The "firsts," that will never happen for all the children who are gone too soon.

This might be a good time for you to avoid the stores selling school supplies, if possible. You might want to make plans to be out of town for that first day, that can be so hard. Or go see a movie, or visit with a friend who understands. Maybe you will plan to spend the day crying at home, and that OK too. Do what you have to do to get through it, knowing that someday, it will get just a little easier. Someday the pain will lessen a little at a time. Someday you may be able to see the sunshine and smile again.

Some say you're too painful to remember,



Facebook: I Miss Those Close To Me Who Are Now In Heaven As Beautiful Angels

I say you're too precious to forget.

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)

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

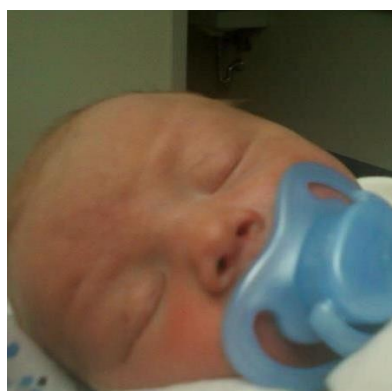


Poem in Honor of
Aidyn Isaiah Queen

What Makes A Mother

*I thought of you and closed my eyes
And prayed to God today
I asked "What makes a Mother?"
And I know I heard Him say
A Mother has a baby
This we know is true
But, God can you be a mother
When your baby's not with you?
Yes, you can He replied
With confidence in his voice
I give many women babies
When they leave it's not their choice
Some I send for a lifetime
And others for a day
And some I send to feel your womb
But there's no need to stay.
I just don't understand this God
I want my baby here
He took a breath
And cleared His throat
And then I saw a tear
I wish I could show you
What your child is doing Here
If you could see your child smile
With other children and say
"We go to earth to learn our lessons
Of life and love and fear,
but My mommy loved me so much
I got to come straight here!"
I feel so lucky to have a Mom who
had so much love for me
I learned my lessons very quickly
My Mommy set me free.*

*I miss my Mommy oh so much
But I visit her each day
When she goes to sleep
On her pillow is where I lay
I stroke her hair and kiss her cheek
And whisper in her ear
"Mommy, Please don't be sad today
I'm your baby and I am right here"
So you see my dear sweet one
Your children are okay
Your babies are here in My home
And this is where they'll stay
They'll wait for you with Me
Until your lessons are through
And on the day that you come home
They'll be at the gate waiting for you
So now you see
What makes a Mother
It's the feeling in your heart
It's the love you had so much of
Right from the very start
Written by Jennifer Wasik*



THE MOST PAINFUL TEARS ARE NOT THE
ONES THAT FALL FROM YOUR EYES
AND
COVER YOUR FACE,
IT'S THE ONES THAT FALL FROM YOUR HEART
AND
COVER YOUR SOUL
~ AUTHOR UNKNOWN





Build a Grief Toolbox

Posted on [February 19, 2012](#) by [Sally Grablick](#)

There is value in writing things down, especially when you're struggling with the symptoms of grief. I decided to make a list of all the things we'd done that had seemed to help us, with the intention of sharing them with others. I call these things "tools."

ü **Anti-depressants** – Talk with your physician about taking something to get you over the hump. There is no shame in it, so don't suffer needlessly. You're going to hurt no matter what you do, but these at least enable you to function.

ü **Cry** – You don't always have to be stoic or strong. When you are sad and distraught let yourself cry, wail, and scream. This isn't authorization to do it all day – but it is permissible and beneficial to cry when you need to.

ü **Remember them** – Instead of spending all your time trying not to think about your deceased loved ones, set aside time each day specifically *to remember* them. Find a place where you can sit uninterrupted and think about them exclusively for an allotted amount of time. Fighting the inevitable serves no purpose, so work with your feelings. Make this a positive and healing thing to look forward to each day.

ü **If you're tired, sleep** – The stress and shock our bodies go through is incredible. Learn to listen to what your body is saying to you. Take a nap in the middle of the day if you need to. Grief is a little easier if you can get some sleep – wherever/whenever you can.

ü **Do what you can, when you can** – Your energy will come in waves, so utilize it when you have it. Bursts of energy are opportunities to do all those things you can't seem to tackle when you're on the low end of the roller coaster. Prioritize your needs and be ready when it hits.

ü **Proper diet and exercise** – The correct foods will build up your immune system and improve your mental and physical state. Exercise will help with your depression, fatigue, and sleep issues.

ü **Minimize the use of alcoholic beverages** – Drowning your sorrows in alcohol is an easy thing to do, but don't do it. It will make your depression worse and it will stall any progress you might be making toward recovery.

ü **Get out of the house** – When you feel yourself getting sucked into the black hole, get in the car and go somewhere. Better yet, pick up a friend and do something together. If you can't leave the house, at least try to make it outside, and get a change of scenery for yourself.

ü **Grief Counseling** – Talk therapy is probably the most important tool out there. A grief counselor is a neutral party that you can say anything to without being judged. If you don't have insurance, check for community grief groups or contact the local chapters of national **organizations like these**: The Compassionate Friends, Survivors of Suicide (SOS). Join a group where you can share with those who are in the same situation you are. They'll get it, and nothing feels better than being able to share with people who do.

ü **Talk to your friends** – If you aren't ready for a support group – talk to your friends. There are certain things we are only able to share with people who know and love us. Getting things out into the open air will improve your state of mind and general well being.

ü **Write a letter to your loved one or keep a personal journal** – Writing my thoughts and feelings down in letters to my son was very helpful to me. Having this personal record will allow you to go back and read them later; in review, you will see how far you have come in your recovery.

Continued on page 4



Continued from page 3

ü **Allow yourself the right to laugh and enjoy yourself** – Venture out to social gatherings and

benefit from your friends. You don't have to stay long if you don't feel up to it, but at least try. You'll be with people that care for you.

ü **Get a dog or pet of your choice** – There is nothing like unconditional love and pets have that to offer all day, every day. Our dog Maxx is one of the best tools in our toolbox, and by far the most valuable one we own.

ü **Make a scrapbook of your loved one** – It is very therapeutic to go through your photo albums; select your favorites and put them into one book.

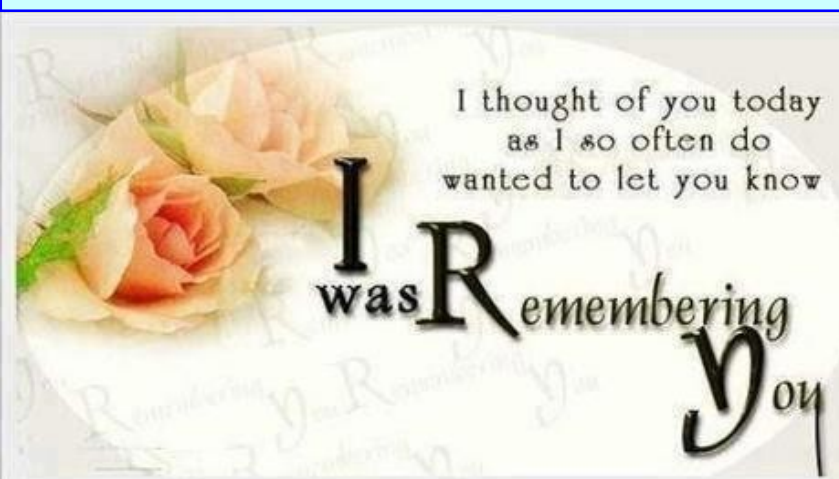
ü **Memory box** – I keep a box of my son's personal items in his room. I created this tool to keep my need for physical touch at bay. Inside the box, I put a few of the items I treasured most. It is a contained source of comfort, and when I feel the need to touch him, touching his things is what gets me over the hump.

ü **Re-decorate** – Paint a room. Rearranged your furniture, pictures, and accessories in the main living area. This will do wonders for you mentally, and was worth the time and effort it takes to physically create change.

ü **Reach out to other grieving families** – One day you will be able to help someone else walk this path of grief, like others are doing for you now. It is rewarding and healing to share your story and experiences as you continue to work through your loss.

ü **Read** – I read all kinds of books: spiritual, metaphysical, scientific, biographical, and self-help. Books helped to fill my mind with the promise of something better, instead of constantly dwelling on my sadness and guilt.

ü **Meditation** – Grief is something we carry with us day in and day out. Meditation can give your mind and body a break from that pain. When you practice awareness (being in the moment), you learn to experience only what is right here – right now. Part of recovery resides in the ability to control our thoughts, so we do not have to drag our pain into every minute of every day. Meditation is the tool that can help us to do that.



Meeting Time and Place

Southside Community Church
conference room, up on the hill

2211 Jones Road, Paragould

2nd Thursday of the month

At 7:00 P. M.





Note From Chapter Leader, Toni Baker

A new month is fast approaching and summer vacations will soon end. I hope you have all tried to make summer memorable. I want to thank Jelani Kemp, Webmaster for taking care of our website:

www.tcfofnortheastarkansas.weebly.com

and also to Linda Lenox, Newsletter Editor-thank you for a wonderful job on all the newsletters!! We appreciate our Advisory Board Members--pulling together to help and support TCF of NEA!!

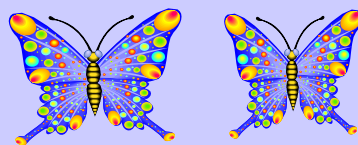
Keep your eyes and ears open for upcoming events--soon to be announced. We have openings in our volunteer department--if you feel you would like to help out in anyway, please call or email me :

(870-476-6025 or tcfofnortheastarkansas@yahoo.com.)

The more we help others the more we help ourselves. Be good to yourself and rest. I look forward to seeing you at our next share time on Thursday, August 8th at 7pm. If you know of anyone who has lost a child, grandchild or sibling of any age or cause of death, please invite them to join us. WE NEED NOT WALK ALONE!!

Love & Hugs!!

Toni



Advisory Board Members

David Lange, Executive Director of The Paragould Housing Authority

Pat Graham, Associate Pastor LMSW

Melissa Phillips, Owner of Bren's Flowers

Crystal Baldwin, MSNFP-BC

Mariah Bryson, General manager of Zaxby's

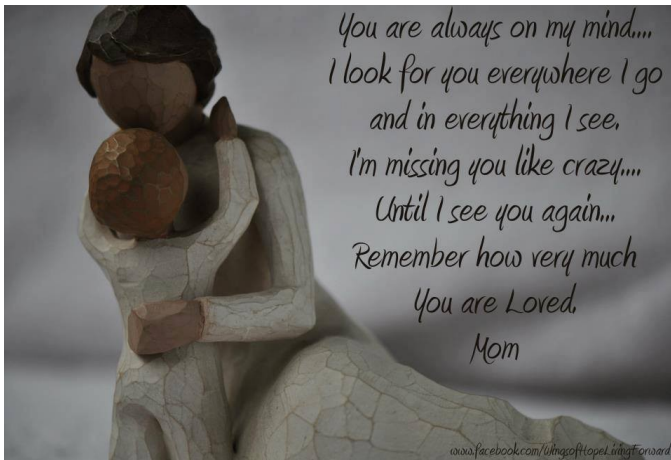
Thank You All, Advisory Board Members





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*You are always on my mind....
I look for you everywhere I go
and in everything I see,
I'm missing you like crazy....
Until I see you again....
Remember how very much
You are Loved.
Mom*

www.facebook.com/thegsofttopel.indignward

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.

Upcoming Events!

TCF of NEA has tentative plans to hold a family style picnic and Walk to Remember at Walcott State Park in September or October, information to be announced!

December 8, 2013 - Annual Candle Lighting Coincides with National Worldwide Candle Lighting, Always held on the 2nd Sunday of December

The Compassionate Friends of Northeast Arkansas

Has a Facebook Page!

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

And a Webpage:

[Www.tcfofnortheastarkansas.weebly.com](http://www.tcfofnortheastarkansas.weebly.com)

The Compassionate Friends
Regional Coordinators for the
State of Arkansas

David and Dana Penn

870-759-1299

www.djdp32@hotmail.com

Our next 3 Meetings!

September 12, 2013

October 10, 2013

November 14, 2013

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 place for us to hold our meetings

Thank You Southside Community Church!



The Compassionate Friends of Northeast Arkansas

Healing Hearts Newsletter



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

Aidyn Isaiah Queen



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 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 check this box and return it to us.

Or email: linda@thelenoxfamily.com



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