



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 October 10, 2013 at 7:00 P.M.-9:00P.M.

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The Compassionate Friends of Northeast Arkansas

1st Annul Family Picnic &Walk to Remember

At Beautiful Crowley's Ridge State Park,

In Greene County, Arkansas

We will be grilling the main dish,

And providing baked beans, chips and drinks!

Everyone is welcome to bring their own covered dish to share with the group !



In the big pavilion by the lake! Admission is free!

Door Prizes will be Given!!

For more information call: Toni Baker, 870-476-6025

Please call so we can have an idea how much food



Advisory Board Members

David Lange, Executive Director of The Paragould Housing Authority

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!

Time does not heal
anything, it just
teaches us how
to live with
THE PAIN....

Inspiring
Words



The Compassionate Friends

State of Arkansas

Regional Coordinators

David and Dana Penn

870-759-1299

www.djdp32@hotmail.com



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Healing Hearts



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Telephone or email Friends

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 will sponsor our 1st "Walk to Remember," and family picnic

Crowley's Ridge State Park, October 12, at 1:30. We will meet in the large pavilion

Annual Candle Lighting

December 8, 2013 Coincides with National Worldwide Candle Lighting, This beautiful service is always held on the 2nd Sunday of December



TCF 2014 National Conference

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 Compassionate Friends of

Northeast Arkansas

Has a Facebook Page!

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

And a Webpage:

www.tcfofnortheastarkansas.weebly.com

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.



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Candle Light Service video will be made

We would like to make a video slideshow of our children “gone too soon” to show at our World Wide Candle Light Service. If You would like your child or children, grandchild, brother or sister to be a part of this video, please send or email a picture to me as soon as possible. We will need individual pictures of the loved one, with their names, parents names, month and year of birth, and month and year of death. Send to:

tcfofnortheastarkansas@yahoo.com

We Need Not Walk Alone!



Our next 3 Meetings!

November 14, 2013

December 12, 2013

January 9, 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!

Funding for The Compassionate Friends

There are no individual dues or fees of any kind. The Compassionate Friends depend entirely on voluntary contributions from individuals, businesses, and the philanthropic community. TCF is a 501 (c) 3 non-profit organization; all donations are tax-deductable. Please help us help others!



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Note From Our Chapter leader, Toni Baker

Greetings from Toni Baker, Chapter Leader. I want to encourage you all to join us in the First Annual "Walk To Remember" and Family Picnic on Saturday, October 12th starting at 1:30pm. This event will be held at Crowley's Ridge State Park in remembrance of our children "Gone Too Soon." We will walk around the lake and for those of you who are unable to walk we will be glad to carry your child's name for you. Following the walk we will gather again in the pavilion for hot dogs, hamburgers, chips and hopefully lots of covered dishes--please bring your favorite dish to share, or dessert.



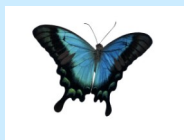
On December 8th will be our Worldwide Candle Lighting Service at Southside Community Church conference room, up the hill from the church, 2211 Jones Road, Paragould, AR. If you are interested in being on the committee please contact me.

The 2014 TCF National Conference will be July 11-13 at the Chicago O'Hare Hyatt Hotel. This will be the closest conference to be held within the Midwest in the next several years. I would like to see some of us participate in the 37th Conference (workshops) and National Walk to Remember. We could probably take the Amtrack out of Walnut Ridge to Chicago. More details to come as the time gets closer but I hope you'll think about and start saving your pennies to go.

We have a beautiful baby blanket donated to us by "Angel Blankets" and thought maybe about selling raffle tickets or auction it off as a fundraiser. Your feedback is welcome!!

Looking forward to seeing you on Thursday, October 10th, our next sharing meeting and then again at our Walk to Remember/Family Picnic on the 12th. If anyone feels led to bring a treat/snack for our meeting, please let me know.

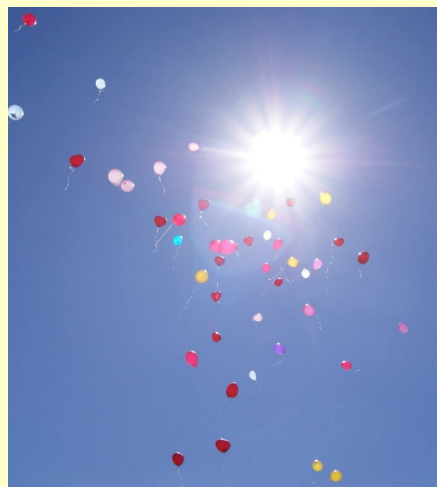
Love and Hugs!! Toni





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The Compassionate Friends of Lawrence County held their "Walk to Remember" and Balloon Release at Walnut Ridge's Beatles On The Ridge Celebration, September 28, 2013. It was a beautiful day and the sky was filled with love and messages in the many balloons, to our children "gone too soon."



Jason's dad and JonDavid's Mom



Carrie's mom, Kandon's mommy, and Judy Lynn's sis



Judy Lynn's sis, and Kennedy's grandparents. In the background, Justin's grandmother and Norman's



Stacie's dad

The "Walk to remember" and balloon release is an annual event sponsored by The Compassionate Friends of Lawrence County. If you or someone have lost a child, grandchild or sibling and would like more information, please contact Dana Penn, chapter leader:

870-759-1299

We Need Not Walk Alone

New Mission Statement: 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. (Adopted 2-25-2012)





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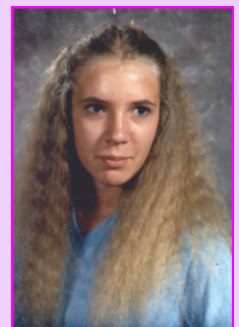
Linda Lenox, Newsletter Editor

I've been thinking about time a lot lately . Time plays a large part of everyone's' life. I'll be 65 in a few days, and I remember many things; my parent's divorce in 1960, and when my brother lost his leg while crossing railroad tracks on a bicycle. There was my first marriage in 1968, when I was 20 year old, and the birth of my first child, a daughter, one year later. I'd had a miscarriage when I was 19, and worried that my second pregnancy would end in the same heart-ache. That didn't happen, and I went on to have two more daughters before my marriage ended, as well as two more daughter's in my second marriage. The year 1985 defined the rest of my life; the years before my first born died at age 15, and the time after her death; 27 years.



During the years before November, 1985, I had times that I thought were difficult. After my daughter, Melissa's death, I found out what hard times really are. First came the time of shock; disbelief and denial. "It didn't happen because something so horrible simply could not happen." Every time I had that thought, I was thrown right back to the flooded creek where Missy died, and the funeral. There are a lot of things I don't even remember about those first weeks and months. Then came the depression. Before the death, there were many times that I thought, "Oh, I'm so sad, I'm depressed." Real depression is crushing. The world was dark. My mind played a newsreel of the accident in a loop, over and over. I couldn't escape the constant pain. Finally, I got help; someone to talk to and medication, and it helped. I noticed after a while that the world had color again, and I looked at trees, grass, flowers; just everything in wonder. Things were better, but my daughter was still gone forever. I wanted my life back. After three years, I read that we were getting a Compassionate Friends chapter in my little town, and I held onto that group like a lifeline. It was a lifeline, and I truly believe that that group of other bereaved parents saved my life.

Now, after 27 years, things are better; I've learned to cope. I know now that this is my new life; a life without my sweet Melissa. I often wonder how life would be if she hadn't died. I wonder how different my life and the lives of my husband and children would be. I love my living children dearly, as well as my grandchildren, and I now have two great-grand kids! know that Melissa would love all of her nieces and nephews. I feel sure that she would have had children; she loved babies. We light a candle on holidays, birthdays and her death date. We all talk about her often. I've never allowed a taboo concerning her name, her life or her death. There will always be a hole in my heart where Melissa used to be. She is still my first-born and I am still her mom. She is still a big sister. I still hurt and cry for Melissa, that is one thing that time can not change.



Melissa Noel Wilkinson



Healing Hearts



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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

Isaiah Aidyn Queen

Annaya Marie Edwards

Shane Palmer

Tabitha Marsh

Steven Charles Garland

Stephanie Sluder

Timothy House

Carter Smith

Tyler James Tritch

Terry Brown

Jayden Wilkinson

Caiden Billups

Blake Howerton

Andrew Wayne Myers

Jon David Penn

If you would like your child added to this list, contact:

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 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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Paragould, Arkansas 72450

Address Service Requested