



Healing Hearts



Newsletter of The Compassionate Friends Northeast Arkansas Chapter

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

2211 Jones Road, Paragould, AR.

tcfofnortheastarkansas@yahoo.com



THE COMPASSIONATE FRIENDS

Supporting Family After a Child Dies

The Compassionate Friends of Northeast Arkansas

Will have our first meeting June 14, 2012 at 7:00 P.M.

All parents, grandparents and siblings who have lost a child of any age are welcomed to join us.

Helping a Father Trough Father's Day

Father's Day has become a traditional holiday celebrated by many with gifts, cards, family gatherings, and perhaps even a special dinner out just with daddy. just as with Mother's Day, stores begin advertising Fathers Day weeks in advance of the actual holiday. The scenes in advertisements always depict a loving father with a child snuggled close to that special man called daddy.

Many fathers, however, have experienced the devastation of losing a child, and there seems to be almost non-existent recognition of the fact that fathers suffer from feelings of lost direction, loneliness, failure, and loss of identity when a child has died. For some reason, our society seems to be more in tune to the feelings of the pain a mother experiences during child loss. Fathers are somehow expected to be stronger emotionally, and they are expected to heal sooner. What can be done to support a father on Father's Day? Probably one of the most appreciated gestures would be to acknowledge the fact that the father is still a father even though his child is no longer living on this earth. Refer to him as a father, and express your genuine sorrow for his loss. Find a Father's Day card specifically for fathers who have lost a child. If you can't find a card such as that, choose a blank card and write your own message from the heart. "Sharing in your sorrow this Father's Day" or "Blessing you on this Father's Day" will show tremendous compassion and support to a father who is grieving the loss of his child. With help and support from family and friends, a father can move forward in his grief. Be letting a father know that he has not been forgotten on Father's Day, you will validate his identity as a father, and you will allow him the special privilege of once again being called that most cherished name of all ♥ daddy♥. Fathers can prepare for Father's Day just as mothers prepare for Mother's Day. You can make it through Father's Day. Do things that feel right for you. Get away if you need to. Many of the things that help mothers deal with grief also help fathers deal with grief. Don't be afraid to find what works best for you. You can make it through Father's Day.

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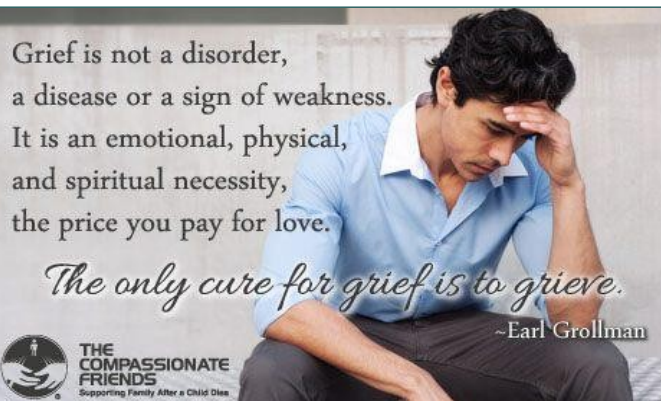
Loosely adapted from Clara Hinton, Silent Grief

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

The Compassionate Friends is a non-profit organization. We relies strictly on donations to support operational costs such as printing and postage. We received our first donation from Mitchell's Funeral Home. Thank you! Our first fundraiser will be sponsored by Zaxby's of Paragould on June 21, Zaxby's will donate a portion of it's earnings to The Compassionate Friends of Northeast Arkansas from 5:00 P.M. until 8: P.M.

Please come by for some great food and help support our cause.

Donations are tax deductible



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On May 8th, Toni Baker and Linda Lenox met with David and Dana Penn, regional coordinators of The Compassionate Friends for the state of Arkansas to receive the certificate for our chapter,

The Compassionate Friends of Northeast Arkansas.

Pictured L-R: David and Dana Penn, Toni Baker and Linda Lenox. We also stayed for the Lawrence County chapter meeting, of which Dana is the leader.

- Ten Commandments For A Grieving Parent
- 1) You shall Not tell them * To get on with there lives
 - 2) You shall not tell them * Be Strong for Yourir Family
 - 3) You must not tell them * You Have Other Children
 - 4) You Must Not Tell Them * To Forgive
 - 5) You Must Not Tell Them * There In A Better Place
 - 6) You Must Not Tell Them * To Stop Crying
 - 7) You Must Not Tell Them* To Let Go And Let Them Rest
 - 8) You Must Not Tell Them * I Know How You Feel
 - 9) You Must Not tell Them * You Need Closure
 - 10) You Must Either Be My Friend And Stand By Me Or Leave Me Alone.

I'll Grieve As Long As I Want Thank you For Understanding A Grieved Parent

Mourning

Gentle faces with gentle frowns
 And people all a weeping and down
 A thin film clouds the eye
 As a salty tasting tear falls, you begin to cry.
 At first you knew it wasn't true.
 They were lying, this couldn't happen to you.
 But as reality sank in, you sulked, you wept.
 And nightmares haunted as you slept.
 You couldn't be at rest with this heavy hurt
 somewhere in your chest.
 "Just don't touch me" you think in warning.
 These people should know that I'm in
 Mourning.
 Written by Amber Lenox
 10/12/03 at age 16

Telephone or email Friends

If you need someone to talk to, these folks are happy to help.

Toni Baker, 870-476-6025 or baker2205@msn.com

Toni's son Jayson died in a motorcycle accident.

Victoria Porter, 865-242-0009 or horsenwz@hotmail.com

Victoria's daughter, Cooper was stillborn.

Dawn Kidd, 501-410-6994 or shandawn@paragould.net

Dawn's son, Nathan, miscarried at 18 weeks gestation.

Dawn's daughter Haylee died 38 minutes after birth.



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Our Children Remembered

Melissa Wilkinson, born December 1969, died November 1985

Jayson Baker, born January, 1974, died May, 1994

Cooper Catharine Porter, Cooper was stillborn in June, 2007

Nathan Kidd, April, 2007 Nathan died at 18 weeks gestation

Haylee Kidd, born and died March, 2009. Haylee lived 38 minutes

I would be happy to add your child, grandchild, or sibling to our newsletter memorial list. You may call: Toni Baker, chapter leader: 870-476-6025 or email: tcfofnortheastarkansas@yahoo.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 that life is cruel
your world's been torn asunder.

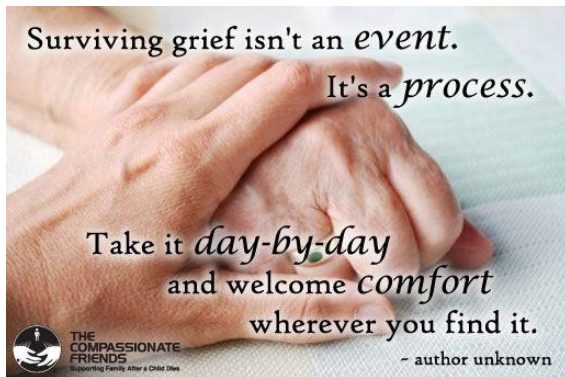
Depression is a cold, black hole,
It's depth feels never ending.
The pain sears through your very soul,
your heart is broke, not mending.

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 a new,
life without your child.

It may take years before you view
his picture with a smile.

Written by Linda Lenox, Paragould AR



The Compassionate Friends
Regional Coordinators for the
state of Arkansas

David and Dana Penn

870-759-1299

www.compassionatefriends.org

We now have a
Facebook page!

Find it at Facebook:

The Compassionate
Friends of Northeast
Arkansas

Please feel free to leave
a comment



35TH NATIONAL CONFERENCE,
5TH INTERNATIONAL GATHERING
July 20-22, 2012 | Costa Mesa, California





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**THE COMPASSIONATE FRIENDS
OF NORTHEAST ARKANSAS**
Supporting Family After a Child Dies

FUNDRAISER FOR TCF OF NORTHEAST ARKANSAS

The Mission Statement

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

**COME JOIN THE FUN ON
THURSDAY, JUNE 21ST
AT
ZAXBY'S
5-8PM**

**Zaxby's is generously donating a percentage of the
proceeds between that time to TCF of NEA.**

THANK YOU ZAXBY'S

There are no membership fees or dues to belong to The Compassionate Friends. It is funded by voluntary gifts from individuals, donations from the business and philanthropic communities. To send donations make out to TCF of Northeast Arkansas, 2703 Stonegate Drive, Paragould, AR 72450. Meetings are held the 2nd Thursday of every month at 7pm up the hill from Southside Community Church in the Conference Room. 2211 Jones Rd, Paragould, AR. A non-profit national organization.