



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.

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THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

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.

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Holidays are Hard

We've already passed Easter, Mother and Father days, 4th of July and all the others are still to come. Holidays can be especially difficult for bereaved parents, grandparents and siblings. There may be friends and relatives who will urge you to celebrate holidays in the same way you always have; as if you haven't suffered a death of a child.

They just don't understand. You may choose to go away for holidays, if possible, or stay home instead of joining a large family group, if that is your choice. You know that you will never forget your lost child or stop thinking about him or her, although people around you may want to "help" by acting as if nothing happened and not mentioning your child's name. I like talking about my daughter and the ones closest to me know and respect this. They love and miss her too. As for the other people, the ones that act as if death is contagious if you mention it, I simply pray that they never know the pain that I, and so many others have suffered, and keep on living. It's been 29 years now since I lost my daughter. I think of Melissa every day and always will.

By Linda Lenox, editor.

The Compassionate Friends is a non-profit organization. We rely strictly on donations to support operational costs such as printing and postage.

We received our first donation from Mitchell's Funeral Home. Thank you!



The Compassionate Friends of Northeast Arkansas

Will have our next meeting on July 12, 2012 at 7:00 P.M.

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

Feel free to bring a picture of your child, and bring a friend if you want to.

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We had our first Compassionate Friends of Northeast Arkansas meeting On June 7th, the second Thursday of the month.

Although we did not have a large turn-out, I'm sure more people in need of The Compassionate Friends will come as we get the word out that we are here. We welcomed one bereaved mother and sibling for our first meeting. In the meetings, people may share the story of their loss if they choose to do so. No one is obligated to speak, but everyone is encouraged to listen. The things said in our meetings stay here. This is a safe, private place to talk about the child or children, grandchildren and siblings that have passed away. No one will be critical of the way you grieve; there is no wrong way. We will have plenty of tissues and will never say, "don't cry." You may bring a picture of your child to display during the meeting, if you have one and want to.



Pictured left to right: Victoria Porter, Dawn Kidd and her daughter, Candace, Linda Lenox, Joyce Cook and her daughter, Jessica. Toni Baker is taking the photo.



Dawn Kidd, Zaxby employee and Toni Baker



Our fund-raiser at Zaxby's of Paragould on June 21 was a roaring success!

Zaxby's graciously donated 10% of their earnings from 5 o'clock until 8 o'clock. We also were allowed to place a donation jar on the counter and one at the drive-through window.

In attendance were Toni Baker, and her grandson Jayson Baker, Victoria Porter, Dawn Kidd and her daughter, Candace, me, (Linda Lenox) and my grandson, Alec Wilkinson.

My daughter, Meredith made the posters. Thanks for your help, Meredith.

During our 3 hours, we wiped tables, offered to take orders to the customers from the counter, as well as anything else they needed. We also took care trays and trash for the customers. The young people, Candace, Jayson, and Alec held signs for passerby's on the highway to see, and the adults also took turns. The kids also did anything possible to help inside.

Thank you, Candace, Jayson and Alec.

**Thank you Zaxby's and thank you patrons who supported the cause of
The Compassionate Friends of Northeast Arkansas**



Pictured, left to right, Alec Wilkinson, Jayson Baker and Candace Kidd



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The Compassionate Friends of Northeast Arkansas meetings for the next 3 months:

July 12, 2012 at 7:00 P.M.

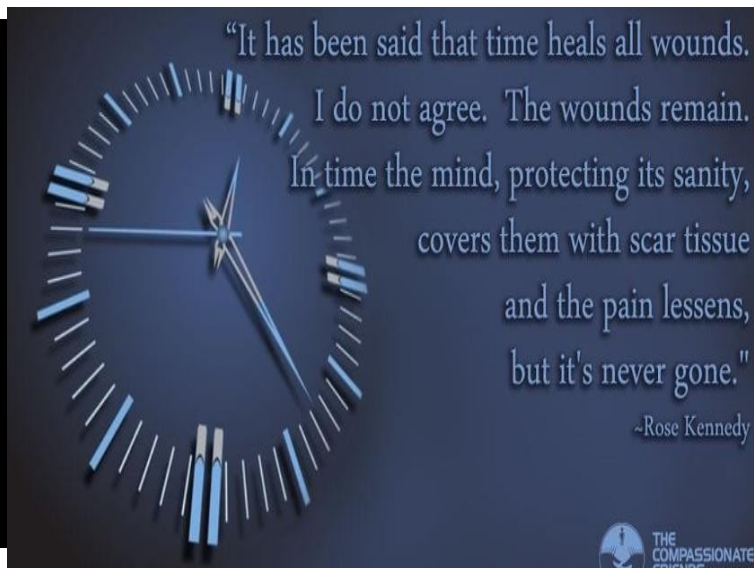
August 9th, 2012 at 7:00 P.M.

September 13th, 2012 at 7:00 P.M.

We meet Up on the hill by Southside

Community Church, in the Conference Room. 2211 Jones Road, Paragould, AR.

Please Mark your Calendars!



-Rose Kennedy



The Compassionate Friends espouses no religious ideologies.

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

Thank You Southside Community Church

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 in June, 2007

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.

Linda Lenox 870-573-6920 or linda@thelenoxfamily.com

Linda's daughter Melissa died in a flooded creek.

Shadows

The shadow covers my vision as the black night's wing obscures the sun in the corner of an eye.

Nothing is black and white, smooth or rough, just varying shades of textured gray.

The meaning of life is lost in the struggle to live, searching for the answer when none is near.

The deep hours of midnight batter my mind to the emptiness of my soul. My heart aches alone.

Running for the finish, right around the corner, down the street but always out of sight.

I stop for a moment, trying to find my way. The ground is hard to walk on; I don't have time today.

Time keeps rushing forward, pushing at my back; the monster's coming closer; I'm too tired to fight.

No place to hide and time is slipping by, nothing lasts forever; my fear is the dust of life inhaled.

Peace, sweet peace is the yearning of my heart. No fears of cold or darkness, only soft, warm love.

A gentle touch and a kind word spoken to my broken spirit is like a soft, warm burrow of serenity.

Time erodes all but the love of a baby's breath on its mother's cheek, snuggled there forever.

For when the pain and fear is gone these are the feelings that linger. The only perfect love.



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Our Children Remembered

Melissa Wilkinson,
 Jayson Baker
 Cooper Catharine Porter,
 Nathan Kidd
 Haylee Kidd
 Timothy Lee Fitzwater
 Shane Mathew Fitzwater
 Aaron Scott Boyer

Welcome to The Compassionate Friends Grief Support After the Death of a Child

"The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again."

—Simon Stephens, founder of The Compassionate Friends

The words of TCF's Founder, Simon Stephens resonate with those who have come to The Compassionate Friends hoping to find a purpose in a life that suddenly seems so empty.

Whether your family has had a child die (at any age from any cause) or you are trying to help those who have gone through this life altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.

Time has proven that in caring and sharing comes healing. We welcome you to The Compassionate Friends

Through a network of more than 640 chapters with locations in all 50 states, as well as Washington DC and Puerto Rico, The Compassionate Friends has been supporting bereaved families after the death of a child for four decades. The National Office and its staff also provide many levels of support to our chapters, as well as individual responses to those who call on the phone, contact us through our website, or send an e-mail that simply says, "My child has died. Help me!" We will be here as long as you need us. That is our commitment to you.

<http://www.compassionatefriends.org>

Toll-Free: **877.969.0010**

Phone: **630.990.0010**

Our time
 on earth is a school.
 Grief is the toughest class
 we have to take.

-author unknown



THE COMPASSIONATE FRIENDS
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