



The Compassionate Friends of Northeast Arkansas

Supporting Family After a Child Dies

Healing Hearts Newsletter

2211 Jones Road, Paragould, AR.

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

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

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

Our next meeting is August 13, 2015 at 7:00 P.M. — 9:00 P.M.

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These are examples of the pins we will be selling at our Walk to Remember on September 12th. Send a picture of your loved one to Toni for your pin. The cost is \$3.00 each



You are gone but stuff remains
I look and wonder what to do
With the many things
That belonged to you

Put them in closets
Shelves or racks
Behind glass in cases
Or piled in stacks

Pack them all up
Donate, or show
It doesn't matter
You are everywhere I go

Tanya Lord

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Advisory Board Members

Associate Pastor Pat Graham, LMSW
Crystal Baldwin, MSNFP-BC
Mariah Bryson, General manager of Zaxby's
Rick Nunn, Owner of Swirlz
Thank you all for being on our board!

The mission of The Compassionate Friends: *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.*

The Compassionate Friends
State of Arkansas
Regional Coordinators
David and Dana Penn
870-759-1299
www.djdp32@hotmail.com



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Note from our Chapter Leader, Toni Baker

My Dear Friends:

Summer is flying by and many different memories pop in my head. I want to remember all the good memories of my child--his smile, accomplishments, being funny, helping others, his love reaching so many others. Hope you are focusing too on those memories--journal them as you think of a memory.

Right now I'm in Mexico and it is lovely. The weather is perfect and it stays pretty much the same year round--no AC or heaters. I won't be back for our August meeting but have others in our group holding the meeting so please attend.

Reminder of our Walk to Remember and Family Picnic September 12th at Crowley's Ridge starting around 12:30pm in the pavilion by the lake. We will walk around the lake remembering all those gone too soon but never forgotten. I hope you will join us.

If you would like to purchase a pin with your loved ones picture on it please send their picture via message to me--the cost is \$3 each which goes to help TCF of NEA with expenses. There is no other cost to attend the walk. We will furnish the main course, ice tea, plates, napkins, cups and flatware and if you would like to bring a covered dish and/or dessert that would be wonderful. This event is RAIN OR SHINE!! Looking forward to seeing each of you at our Third Annual Walk To Remember and Family Picnic!!

Love and Hugs,

Toni Baker, Chapter Leader

Toni's son, Jayson



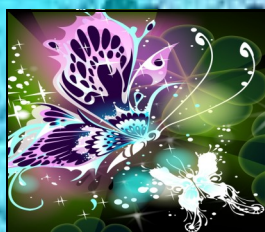
We'd love to have your feedback!

Join Us on Facebook!

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

Join Us on the Web!

tcfofnortheastarkansas.weebly.com



The Compassionate Friends does not espouse any religious ideologies. Southside Community Church has graciously offered the use of it's conference room as a meeting place for our chapter.

Thank You
Southside Community Church!



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Upcoming Events:

August

Regular meeting: We will have Nena Burnette here in August to lead our meeting. Nena will speak on self-care and survivor guilt.

September

Our friends in Walnut Ridge from the Lawrence County Chapter will have their Balloon Release on September 19, 2015. It will be part of the Beatles on the Ridge Annual Celebration. This is a beautiful way to remember our children, and a fun day.

Our own chapter Walk to Remember/ Family Picnic will be held on September 12th at the Crowley Ridge State Park at the large pavilion. This will be our 3rd year for this event and it's always a good time. More information will be posted closer to the date.

October

Our regular meeting



Announcements: *Love gifts and donations*

None for this month

Thank you for your donation to help support the work of TCF of NEA. We appreciate you very much!! Love gifts can



If you would like to contribute to the newsletter with an original poem or story you've written, or if you wish to stop receiving this newsletter, please contact me at:

linda@thelenoxfamily.com



My daughter, Melissa

This is the format of the pins we will have available for sale for our "Walk To Remember" In September. The pins will cost \$3.00 each. Send the picture of your loved one that you want on the pin to Toni Baker, Chapter Leader:

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

You can also send a picture to Toni on facebook

Our next 3 Meetings!

August 13, 2015

September 10, 2015

October 8, 2015

Mark Your Calendars!





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Our Children Remembered

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

Aidyn Isaiah Queen

Annaya Marie Edwards

Shane Palmer

Tabitha Marsh

Steven Charles Garland

Stephanie Sluder

Timothy House

Julie Ellen Amick

Carter Smith

Olivia Jurkin

Tyler James Tritch

Mattie Bryant

Terry Brown

Shayla Jo Miller

Jayden Wilkinson

Jasmine Sierra Miller

Caiden Billups

Betty Luker

Blake Howerton

Stephanie Morgan

Andrew Wayne Myers

Rita Tritch

Jon David Penn

Joanne Hamner

Joseph "Chase" Jackson

Bethany Alia Elizabeth White

Tyler James Troutt

Matthew Russo

Brent Hawkins

Nathan Swafford

Daryl Ponder

Billy Ray

Noah Spencer Boyd

James Clapp

(continued on next page)





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Our Children Remembered



Brian Nelson

Richard Petty

Michael Dickerson

Ryan Bender

Bentley Tyler

Bobby Hall

Joshua Weaver

Berry Weyer Jr.

Baby Angel Clemons

*If you would like your Child's name
added to this list, contact me:*

linda@thelenoxfamily.com

If you find that there is a mistake in your child's name,
please contact me.
I want these precious names to be perfect.



TCF of NEA Telephone or email Friends

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

Toni's son Jayson died in a motorcycle accident.

Linda Lenox, 870-573-6920 orlinda@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.



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The following is a list of Facebook groups for different types of loss

TCF - Loss of a Child Moderators of the group, Donna Goodrich, Dave Roberts, Cathy Seehuetter, and Goody Tendall. <https://www.facebook.com/groups/407123299460580/>

TFC Loss to Substance Related Causes. Moderators: Barbara Allen and Mary Lemley
<https://www.facebook.com/groups/1515193738693712/>

TCF - Loss to Suicide. Moderators: Cathy Seehuetter, Donna Adams and Barbara Reboratti
<https://www.facebook.com/groups/1550029471893532/>

TCF - Loss to Homicide. Moderators: Debbie Floyd and Kathleen Willoughby
<https://www.facebook.com/groups/924779440868148/>

TCF - Infant and Toddler Loss. Moderators: Susan Peavler and Tiffany Barraso
<https://www.facebook.com/groups/1511758585777339/>

TCF - Loss to Miscarriage or Stillbirth. Moderators: Kelly Kittel and Kenzie Janzen
<https://www.facebook.com/groups/1416535188654265/>

TCF - Sibling Loss to Substance Related Causes. Moderators: Andrea Keller and Barbara Allen
<https://www.facebook.com/groups/1516508415263760/>

The Compassionate Friends Sounds of the Siblings (for bereaved siblings) Moderators: Tracy Milne and Keith Singer <https://www.facebook.com/groups/21358475781/>

TCF - Loss of a Grandchild. Moderators: Betty Jeanne Farrel and Jennifer "Sue" Hale.
<https://www.facebook.com/groups/421759177998317/>

The Compassionate Friends Chapter Leadership (for anyone currently serving on a Chapter Steering Committee) Moderator: Debbie Rambis
<https://www.facebook.com/groups/1422251371371148/>

The Compassionate Friends Regional Coordinators. Moderator: Cathy Seehuetter and Gail Lafferty
<https://www.facebook.com/groups/1388459281418408/>

TCF- Loss to Drunk or Impaired Driver. Moderators: Robin Landry and Rebecca Perkins
<https://www.facebook.com/groups/858226880883307/>

TCF - Loss to Cancer Moderators: Lee Meyerson, Michelle Setzer, and Marguerite Caraway Ward
<https://www.facebook.com/groups/903539646362818/>

They are looking for Facebook Moderators for the following closed Facebook groups:

Loss to a Long-term Illness
Loss to a Vehicular Accident
Loss to a Mental Illness
Loss of a Child with Special Needs



Why Butterflies

Since the early centuries, the butterfly has symbolized renewed life. The caterpillar signifies life here on earth; the cocoon, death; and the butterfly, the emergence of the dead into a new, beautiful and freer ex-istence. Frequently, the butterfly is seen with the word "Nika," which means victory.

Elisabeth Kübler-Ross movingly tells of seeing butterflies drawn all over the walls of the children's dormitories in the World War II concentration camps. Since Elisabeth believes in the innate intuitiveness of children, she concludes that these children knew their fate and were leaving us a message.

Many members of The Compassionate Friends embrace the butterfly a symbol--a sign of hope to them that their children are living in another dimension with greater beauty and freedom-- a comforting thought to many.

What society doesn't understand
is that grief

IS NOT *a phase*,
and it IS NOT *a choice*.

- Kristin Binder



*Watch the sunrise...
Remember the laughter...
Celebrate what was...*

~ Sascha Wagner

Grieving is a process of

RE-BUILDING

With no blue print

NO PLANS

It is the about trying

MANY TOOLS

And finding the ones

THAT WORK

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www.TheGriefToolbox.com

www.facebook.com/grieftoolbox



The Compassionate Friends of Northeast Arkansas
2703 Stonegate Drive
Paragould, AR 72450

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no longer wish to receive this newsletter.
You DO NOT have to attend meetings to receive newsletter.

Address Label

IF YOU ARE MOVING, Please send us your change of address.

Expenses of our newsletter and meetings are covered by monetary donations given by those who want to help in our outreach. It may be given in memory of your child, a loved one or a friend. Contributions are tax-deductible.

Make checks payable to: The Compassionate Friends of NEA
Send to: TCF of NEA, 2703 Stonegate Drive, Paragould, AR 72450

\$ _____ For: _____ Newsletter Expense _____ Meeting Expense _____ Where
Needed

IN MEMORY OF (state relationship)

GIVEN BY:

Complete mailing address:

We truly appreciate your love gifs.

The Compassionate Friends of Northeast Arkansas is a support group for those who have experienced the death of a child, grandchild, brother or sister. Parents whose sorrow has softened and who have found fresh hope and strength for living offer friendship, understanding and hope to others through monthly meetings, "telephone friends," a library table, and a newsletter. Attending your first meeting does take courage, but our parents who do attend find a comforting network of support and friendship that only friends ho have "been there" can give. COME JOIN US!!