



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 September 10, 2015 at 7:00 P.M. — 9:00 P.M.

Inside This Issue

Back to School	1
Note From Toni Baker	2
Up-Coming Events and announcements	3
Family Picnic and Walk to Remember	4
Autumn Tears & others	5
Out Children Remembered	6
Our Children Remembered Telephone Friends	7
Love Gift Insert	8



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



Back to school, and life in general

There are many mixed feelings about back to school. Many parents are relieved that they won't have to hear "I'm bored!" for a while. For bereaved parents, grandparents and siblings, "back to school" is totally different.

Many families suffered miscarriages, or still births. Those who don't know might think "back to school" means nothing to these people. Mothers who went through such a loss know exactly when her child would have started school, started high school, would have gone to prom, graduated.

For those who had children in school when they died, it often begins when the stores start displaying their school supplies, and you don't need any, or you need one less than usual. Every time the school bus goes by, but doesn't stop is a time for tears to flow. Brothers and sisters who walked to school together, or had the same teachers in different grades will feel the absence of their sibling every day. For my younger daughters, teachers sometimes called them by their dead sister's name.

There are so many things to grieve about with child loss; school, birthdays, holidays, death anniversaries. And also just everyday life. The empty chair at the table. The bed no longer slept in, even the messes the lost child made are missed.

Then there are the adult children who have died. You miss the stopping by just to say hello, or the random phone call. If your adult child had children, the other parent may be great, or may be unwilling to allow visits, which is more heartbreak.

Please never think that mentioning the name of a lost child will upset the parent. We love to hear our child's name, and memories that other people have of them. It's terrible to think that our child has been forgotten. Our love lives on.

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.*

Copyright The Compassionate Friends, Inc. All rights reserved. TCF National Office: PO Box 3696, Oak Brook, IL. 60522-3696, Phone: 630-990-0010. Fax: 630-990-0246. Toll free national office: 877-969-0010 Web address: www.compassionatefriends.org. Facebook: Compassionate Friends/USA



Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

Note from our Chapter Leader, Toni Baker

Blessings to each of you! I had a wonderful time in Mexico!! It was very relaxing, stress free and very laid back. One day when I was swimming This butterfly flies over to me and lands on my noodle--I just knew Jayson was with me. A few minutes later he flew away but came right back. Made my day and my heart melt.



Our Walk To Remember and Family Picnic is Saturday, September 12th starting at 12:30. We will do our walk at 1pm and following we will gather to eat. Our main dish will be broasted chicken--yummy!! Check out all the information in the newsletter. Hope to see you all there!!

After a few years of devotion to The Compassionate Friends of Northeast Arkansas I have decided to step down from the Chapter Leader role. I have dedicated my work and service in memory of my son, Jayson Christopher Baker. I have loved being Chapter Leader to this wonderful chapter. We will be going to Mexico for about a year to see if this is where we would like to retire. This opens an opportunity for someone to step into this role in memory of their child/grandchild/sibling. It is very rewarding to help each other walk in their grief journey.

Our next meeting is Thursday, September 10th at 7pm and don't forget The Walk to Remember in honor of our lived ones gone too soon but never forgotten on Saturday, September 12th.

Love and Hugs!!
Toni Baker
870-476-6025

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!



Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

Upcoming Events:

September

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

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.

October

Our regular meeting
If something else comes up, it will be announced.

November

Our regular meeting
If something else comes up, it will be announced.



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 be given in memory of a loved at anytime. Hugs to you all!!



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



Toni will need your pictures
As soon as possible!

This is the format of the pins we will have available for sale for our

"Walk To Remember"
In September. The pins will cost \$2.00 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!

September 10, 2015

October 8, 2015

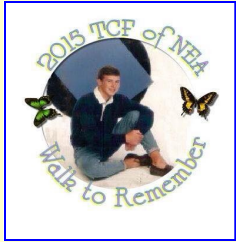
November 12, 2015

Mark Your Calendars!



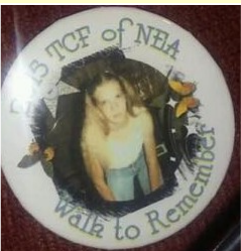


Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas



Toni's son, Jayson

My daughter, Melissa



The 3rd annual Family Picnic and Walk to Remember will be held on September, 12th, 2015. We will meet at Crowley's Ridge State Park, in the large pavilion at 12:30, and The Walk to Remember will begin at 1:00 P.M. Our chapter, The Compassionate Friends of Northeast Arkansas, will provide the main dish, which will be fried chicken and baked beans this year. We will also provide sweet tea, paper plates, cups, and eating utensils. We are asking our guests to bring a favorite covered dish, or dessert to add to the meal. We need a count of people coming to this event to make sure we have enough food. Please RSVP as soon as possible! People who send a RSVP with the number of people in their group will receive a free pin, like the ones shown on the left of their loved one. This offer is one per family. Additional pins will be available for \$2.00 each. The actual pins are 3 inches in diameter. If you want one or more pins, please mail, or email a picture, or post one on our facebook page to Toni Baker, Chapter Leader. She will need pictures that are 6 inches by 4 inches; they must wrap around the base of the pin, as soon as possible. The pictures to the left are samples; the actual pins will be 3 inches. We also have tee shirts left over from last year that we will be selling for \$5.00. sizes are limited.

The walk to remember will begin at 1:00 P.M.. For those of us who are unable to walk around the small lake, other members will be honored to carry your loved ones name. Lunch will be served after the walk. The past two events we've had were a great success! This is not like a meeting, and children may attend, but we still need a total family or group count. After our meal, we will have a drawing for door prizes! Rain or shine! The pavilion's covered!





Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

AUTUMN TEARS

We look back on September and we realize that somehow we made it through those dreaded first days of school. Whether it was the anticipation or the actual days that were the worst, we survived. We used our faith, our support systems or Just plain hard work and made it over yet another hurdle. We watched small children heading for their first day of kindergarten, listened to excited teenagers talk of high school and heard stories of children leaving home to attend post-secondary school. Somehow we rode the waves of grief and found ourselves ashore again.

As these waves subside new ones will build as we head into the holidays that speak of, and to, children. Halloween will soon approach and for some, painful memories. Thanksgiving arrives to exemplify family and togetherness and Christmas looms ahead. These special days are forever reminders of our loss—the costumes we'll never sew, the empty chair at turkey dinner, the fun and magic we'll never share with someone we love. Forever reminders that our child has died.

To survive when these events and anniversary days come around let's find time to think of the good memories we have—the announcement of our long awaited pregnancy at Thanksgiving dinner, the look of excitement on our son's first Halloween night, the vision of our daughter helping prepare the turkey dinner. These holidays will always be reminders that our child died. Let us also make them reminders that our child lived! They left us memories more precious than any others to hold and celebrate!

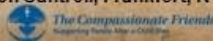
Penny Young



*With all my heart
With every inch of my soul
With every breath I take
I promise to love you forever.*

Grief will change us as a person. It will cause us to give one last hug when parting with our loved ones. It will make us treasure the simple things in life that money can't buy. It changes our priorities and teaches us what the most important things are. We are more compassionate, kind and understanding but don't want to be bothered with trivial things. Grief is excruciatingly painful when we have had to say good bye to our child, grandchild or sibling. Grief is natural, but outliving your child is not. Have patience and exercise loving kindness with the bereaved.

-Karen Cantrell, Frankfort, KY-TCF



It takes time to see and feel the beauty around us after experiencing the death of a child, grandchild or sibling. You may wonder if you will ever hear the birds sing again, see the colors in the rainbow, smile or find joy again. Our lives have been changed forever in an instant. We can't put a time limit on our grief and others around us need to give us as long as we need. It is up to us, when we are able, to invest the love we have for our children in keeping their memory alive. Perhaps some day joy will come again, it will be different, but it is possible.-

Karen Cantrell, Frankfort, KY-TCF



**"Grief never ends...but it changes...Grief is not a sign of weakness, nor a lack of faith...It is the price of love."-
Darcie Sims**





Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

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)





Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

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.

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

ADDRESS SERVICE REQUESTED

_____ Please check here and return this page if you
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!!