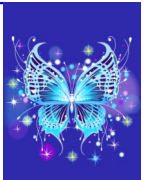




Healing Hearts



Newsletter of The Compassionate Friends Northeast Arkansas Chapter

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

2211 Jones Road, Paragould, AR.
tcfofnortheastarkansas@yahoo.com

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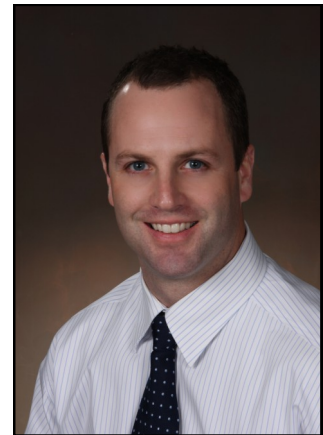
Our Children Remembered

On Thursday, August 9th. our guest speaker will be Dr Casey Wells, Optometrist in Paragould. He is sharing his story of the loss of his sister. We encourage all bereaved families who have lost a child, grandchild, brother or sister, or more than one, of any age to join us.

YOU NEED NOT WALK ALONE.

If you know of someone who has lost a child please pass this message on. For more information please call Toni at 870-476-6025 or email:

tcfofnortheastarkansas@yahoo.com. If you would like to receive our monthly newsletter please send me your email address (if no email we'd be glad to mail you one.) There are a lot of people out there hurting who need a place to share their feelings with others going through similar situations without being judged .



Dr. Casey Wells

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

**Our August Meeting
Will be on August 9th,
2012 at 7:00 P.M.**

**All parents, grandparents
and siblings who have
lost a child at any age, for
any reason is welcome to
join us. If you wish, you
may bring a picture of
your child to display
during the meeting**



Summertime

I remember being a kid during summer vacation. It Seemed like the time wouldn't end. As a bereaved parent, that time is still long, but it's a difficult time. There are so many things you can't do anymore, or if your child hadn't been born, or died shortly after birth, you may never have experienced a summer with him or her.

Having someone to talk to about your child or your hopes and dreams for the ones not here, it really does not matter how or when your child died, you miss them.

National Office

P.O. Box 3696
Oak Brook IL.
Toll free: (877) 969-0010
Fax: (630) 990-0246
www.compassionantfriends.org

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What to Expect from The Compassionate Friends meeting

With more than 640 chapters of The Compassionate Friends across the United States, Washington D.C., and Puerto Rico, there are a number of different chapter meeting formats. Chapter leaders and steering committees work together to determine how the sessions can best be structured to help both the newly bereaved and returning members in their area.

Generally, most meetings are held once a month (some chapters do hold two or have a secondary meeting location that serves a neighboring area) for 1 1/2 or two hours in the evening or on the weekend. Our meetings should not be confused with counseling sessions. Participants are all bereaved parents (guardians), adult siblings, or grandparents who are dealing with the death of a child. We have been where you are and we continue to return to offer friendship and support through the natural grieving process after a child dies.

Chapter meetings often consist of two parts, a sharing session plus a program related to bereavement after the death of a child. Some larger chapters may break up into smaller groups for sharing so that everyone has the opportunity to talk about their grief. Some chapters also have special sub-groups for siblings, Spanish language members, or even the most newly bereaved.

You will hear from others whose child died from pre-birth to adulthood. Some who attend will be young and some will be old. Some will be women and some will be men. Some will come alone while others will come as couples. Oftentimes there will be a preplanned speaker who will talk about a bereavement issue. Sometimes a bereavement topic of interest will be chosen to discuss. Some chapters offer special programs such as a memorial service.

If you're shy or unable to talk about your loss, you do not have to speak, although you will have the opportunity. No one is forced to talk about his or her loss. Much can be gained by listening. Some people believe it's harder to talk in front of strangers about something so intimate as the loss of a child, but because everyone else at the meeting has had a similar experience, they understand much of what you are feeling and you will eventually reach a comfort level with those you meet. A point to always keep in mind is that what is said in the meeting stays in the meeting. The privacy of our members is important. We're all there to work toward healing.

It may be hard for you to believe, but occasionally you will hear laughter. This is not a dishonor to any child. Rather it is often a reaction to a wonderful memory of a child.

When you come to a meeting of The Compassionate Friends, we ask that you attend at least three meetings before you decide if the group is for you. For many, the first meeting may also be the first time they've been able to talk about what has happened to them and to their family and to the child. This can bring a lot of emotion to the forefront, emotion which seems to disappear over the months as you talk about your loss. Don't worry, we'll bring the tissues. Tears are a natural release for a grieving person and is a way to help cleanse the body of toxins.

More than 19,000 bereaved parents, siblings, and grandparents in need of support attend TCF meetings in the U.S. every month. You will find it is so very true what we often say, "You Need Not Walk Alone!"

Used with permission from The Compassionate Friends website, www.compassionantfriends.org

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

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

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

October 11, 2012 at 7:00 P.M.

Please mark your calendar!!

You will never
truly understand
something until it actually
happens to you.

-author unknown

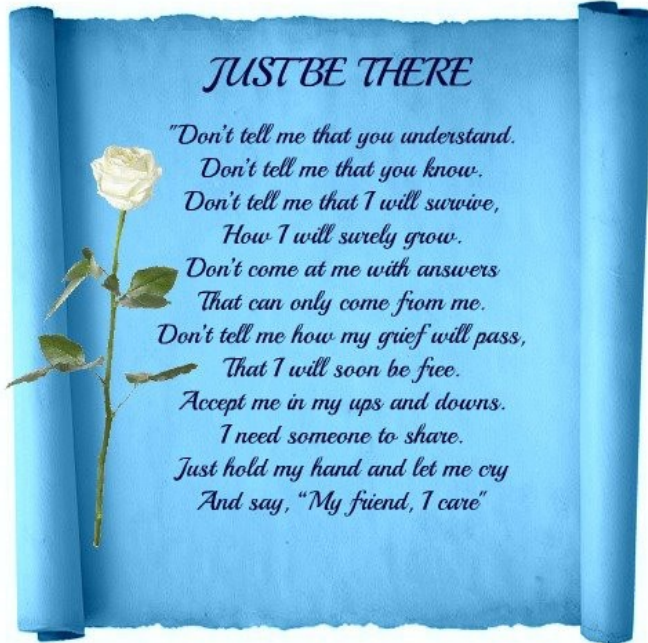


THE
COMPASSIONATE
FRIENDS
Supporting Family After a Child Dies



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JUST BE THERE

*"Don't tell me that you understand.
Don't tell me that you know.
Don't tell me that I will survive,
How I will surely grow.
Don't come at me with answers
That can only come from me.
Don't tell me how my grief will pass,
That I will soon be free.
Accept me in my ups and downs.
I need someone to share.
Just hold my hand and let me cry
And say, "My friend, I care"*

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

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

Donations are tax deductible.

We received our first donation from Mitchell's

Funeral Home.

Zaxby's of Paragould sponsored a fund-raiser last month.

Country Mart donated a case of water

Telephone or email Friends

If you need someone to talk to, these folks are glad 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.

The Compassionate Friends Mission Statement

When a child dies, of any age, the family suffers intense pain and may feel hopeless and isolated.

The Compassionate Friends provide 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





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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

You may contact me if you'd like your children, grandchildren or siblings added

Linda Lenox: linda@thelenoxfamily.com

Balloon Release!

The Compassionate Friends of Lawrence County will sponsor a balloon release in Walnut Ridge on September 15th, 2012. Dana Penn is the chapter leader, and she and her husband, David Penn are the Regional Coordinators of The Compassionate Friends for the state of Arkansas. For more information: 870-759-1299 or www.djdp32@hotmail.com



THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

Light a candle for all children who have died

Worldwide Candle Lighting®

... that their light may always shine.

**Second Sunday in December
7 PM Around the Globe**

