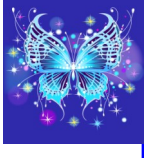




Healing Hearts Newsletter



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



Dawn Kidd

9/15/2012: The Day was Wet; The Balloons and Memories were Beautiful!

Last Saturday morning started with a short commute from Paragould to the Beatles on the Ridge Festival. Because I am on the steering committee of The Compassionate Friends of NEA, Paragould Chapter, I volunteered to hostess the booth with our Lawrence County Chapter. I have to be honest, it was a commitment that I was looking forward to.

When we arrived, the weather was dreary and rainy, but I soon looked around and it appeared that this was not a factor in the attendance. Umbrellas poked through the crowds and I certainly heard laughter of the children. Our booth was centrally located next to the stage in the Region's Bank parking lot. We not only received extensive foot traffic, we were able to enjoy the many talented performances on center stage. With all the activity going on, it was hard to keep focused on my purpose for being there, especially after the moving rendition of Amazing Grace by the bagpipe artists.



Bagpipes and Drums

As I gave out information and spoke to many people about our organization, I invited them to attend the balloon release to honor children who had passed. This was scheduled for later that afternoon. We were also going to have a walk of remembrance immediately following the release. This was my first year attending the release so I tried to give as much information as I could. I, however, was not prepared for the ceremony. Rather, I was not emotionally prepared. At 1:00 in the afternoon, we began to write notes to our children and place them within the deflated balloons. David Penn, Lawrence Chapter Leader, began to fill the balloons with helium. Unsure if the balloons would actually float in the continual drizzle, we sent up a test balloon. As parents, siblings, and grandparents held our breathe, we prayed that the weather would not prevent our release. It was a success, so we continued to lovingly fill our balloons. This was a very hard process for me.

Continued on page 2



Linda, Candace and Dawn



The Compassionate Friends of Northeast Arkansas meets on the 3rd Thursday of the month at 7:00 P.M. at Southside Community church, 2211 Jones Road, Paragould. All parents, grandparents, and siblings who have lost a child of any age, in any way are welcome to join us.



Candace Kidd, Linda Lenox, Dawn Kidd & Toni Baker

In This Issue

Balloon Release	1
Balloon Release, Continued	2
Telephone Friends	3
Our Children	4
Coming events	

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. Web address: www.compassionatefriends.org. Toll free national office: 877-969-0010



Healing Hearts



Newsletter of The Compassionate Friends of Northeast Arkansas

Bio:

Dawn Kidd is the author of "You Are Not Alone" that chronicles the loss of her two infant children. Along with her daily column at The Wordsmith Journal Magazine, she is a weekend columnist for The Paragould Daily Press. Dawn enjoys her position on the committee of TCF of Northeast Arkansas. (The Compassionate Friends is an International Organization that assists families with grief, who have lost a child, at any age)

As a result of her painful journey, she actively seeks out families that have experienced a loss in their life to let them know their pain is normal and they are not alone. Her passion and compassion for hurting people is contagious, and readers will immediately connect with her through challenges in their lives. Dawn resides in Paragould, Arkansas with her husband and two children. When she is not writing, she enjoys spending time with her family, cooking and reading.

Balloon Release; Continued from page 1

Writing my note to both of our children who had passed was overwhelming. All of my emotions were present. I cried, I smiled, I felt anger that they were not there with me, but most of all, I felt gratitude to be able to remember them in such a symbolic way.

As I clutched my two balloons, I made my way to the stage with the other parents, and my daughter who held our Chapter's banner and the two balloons she prepared for her brother and sister who had passed away.

A beautiful song began to play and as our balloons lifted, many tears fell. I tried to comfort my daughter who was deeply affected by her release. It was not just about releasing a latex house filled with helium and a note, it was about releasing our love and memory of our child. It was not about sending colorful spheres into the sky over Walnut Ridge, rather it was about sending our love, hoping our children would reach down from heaven and grab our balloons and notes as they passed by. What may sound like an impossible dream to many is a real hope that is shared by those who have lost a child, or sibling, or grandchild and were present.

We then proceeded to walk in remembrance. This was not just a walk to hold banners and raise awareness of our organization, it was a walk to remember those that we have lost. It was a walk to share with each other the hurt, the grief and all the indescribable emotions that only we can understand. It is a sort of society that no one wants to belong to, but I am thankful each day that I do have the support from others that know exactly how I feel. This is why I chose to become part of The Compassionate Friends.

Our day ended walking through the other booths, purchasing delicious Amish breads, southern fried potatoes, and an absolutely delectable caramel apple. The entire time, however, I could not forget the emotions of the day.

When we walked to our car to leave, I looked into the sky over Walnut Ridge and saw a beautiful rainbow of children. Others, simply saw balloons. I, however, knew that Beatles on the Ridge means different things to different people. That day, it represented grief, hope, and renewal. It has changed my life forever. I can assure you, my face will be one you will see there each year.

If you have suffered the loss of a child, a sibling, or a grandchild, I encourage you to contact your local chapter of The Compassionate Friends. There are many events planned including the annual candlelight ceremony in December. It is important to know that there are others who know, others who understand and others who care.



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





Healing Hearts



Newsletter of The Compassionate Friends of Northeast Arkansas

We all know that it's hard to reach out for help. The decision to go to a Compassionate Friends meeting for the first time might be a little scary. For that reason, I'd like to explain what you can expect at a meeting of The Compassionate Friends of Northeast Arkansas.

We meet at the conference room, up on from the Southside Community Church, 2211 Jones Road, Paragould. We meet at 7:00 P.M. and usually wrap it up around 9:00 P.M.

We sit on chairs in a circle and talk about our children, grandchildren or siblings. We start by introducing ourselves and telling our story. No one is obligated to speak, but everyone is expected to listen. Very often, you may find that you are eager to talk about your loved one. It can be emotionally draining; it can also be up-lifting.

It's been found that it may take three meetings before you decide if you want to join the chapter.

There is no fee or dues of any kind required to join. We depend on community donations and fund-raisers for operational costs, such as printing and postage. The meetings are casual; We do not dress up. No one will tell you "don't cry." Cry if you need to cry. If you have any questions, contact chapter leader,

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

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.

Telephone or email Friends

If you need someone to talk to.....

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.

Advisory Board Members

Harry Porter, General Manager, of the Daily Press

Associate Pastor Pat Graham, LMSW

Melissa Phillips, Owner of Bren's Flowers

Crystal Baldwin, MSNFP-BC

Mariah Bryson, General manager of Zaxby's

Thank you all for being on our board!

National Office

P.O. Box 3696, Oak Brook IL.

Toll free: (877) 969-0010

Fax: (630) 990-0246

www.compassionantfriends.org

The Compassionate Friends

Regional Coordinators for the state of Arkansas

David and Dana Penn

870-759-1299

I can only bite off chunks of grief
in bits and pieces.
How else would I manage
to get out of bed?

~Desire' Aguirre



THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

The Compassionate Friends espouses no religious ideologies. Southside Community Church has graciously offered the use of it's conference room as a place to for our meetings.

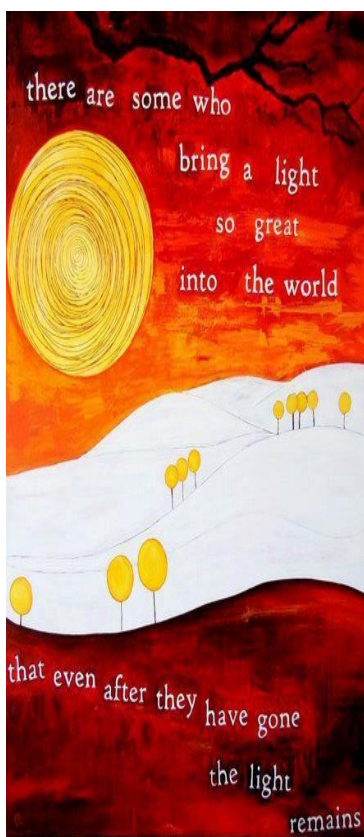
Thank You Southside Community Church



Healing Hearts



Newsletter of The Compassionate Friends of Northeast Arkansas



Our Children Remembered

Melissa Wilkinson,

Jayson Baker

Cooper Catharine Porter,

Nathan Kidd

Haylee Kidd

Timothy Lee Fitzwater

Shane Mathew Fitzwater

Aaron Scott Boyer


Jennifer Cook,

Samantha Cook

Contact me if you'd like your children added

Linda Lenox: linda@thelenoxfamily.com

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 tell me this is just a test,
 That I am truly blessed
 That I am chosen for this task,
 Apart from all the rest.
 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.
 Don't stand in pious judgment
 Of the bounds I must untie,
 Don't tell me how to suffer,
 And don't tell me not to cry.
 My life is filled with selfishness,
 My pain is all I see,
 But I need you. I need your love
 Unconditionally.
 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."
 ~Joanetta Hendel



The Compassionate Friends of Northeast Arkansas

meetings for the next three months:

October 11, 2012 at 7:00

November 8, 2012 at 7:00

No regular meeting in

December

Sunday, December 9, 2012 at 7:00 P.M. World-wide Candle Lighting Service

Please mark your calendar!!



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

