

The Compassionate Friends Of Northeast Arkansas

Healing Hearts Newsletter

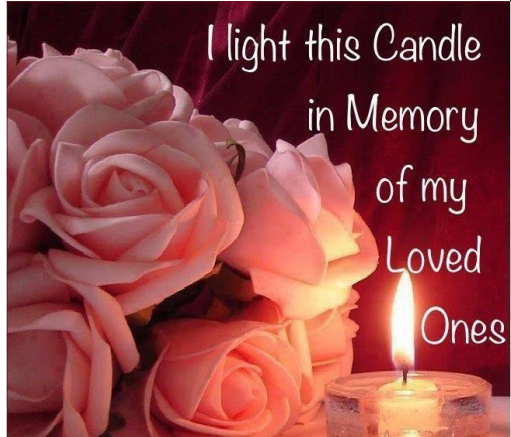
Up on the hill at Southside Community Church, in the Conference Room.

2211 Jones Road, Paragould, AR.

tcfofnortheastarkansas@yahoo.com

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Worldwide Candle Lighting Service

If you have lost a child, grandchild or sibling, you are invited to the 16th annual candle lighting service of The Compassionate Friends of Northeast Arkansas Chapter. The service will be held at The Southside Community Church, 2211 Jones Road, Paragould AR. The service will begin at 6:30 P.M. on December 9th, 2012. Candles will be lit at 7:00 P.M. around the globe, in every time zone. In this way, there will be 24 hours of candlelight in memorandum for all the children lost, all over the world.

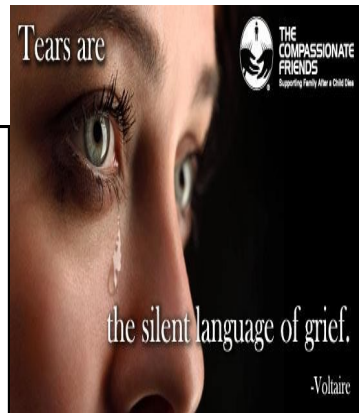
Candles will be lit for **grief, courage, memories, love and hope.** Each person will light an individual candle for their own loved one. The service will also include music and inspirational readings. As you enter the church, you may register your child's name to be read aloud. You may also bring a picture of your child to be displayed during the service. Refreshments will be served. For more information, contact:

Toni Baker, 870-476-6025 or email: tcfofnortheastarkansas@yahoo.com

That their light may always shine



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



Handling the Holidays

Merry Christmas? Happy New Year? If you've suffered the loss of a child, a grandchild or a sibling, it may feel as if you'll never say these words again, or want to hear them from others. Christmas can be one of the hardest days to face when you are grieving. If you feel as if you simply cannot face other people at this time, you can tell your family and friends that you won't be attending or holding any celebrations this year. It's likely they will not understand, and we can't expect them to understand. Only people who have faced such heartache can know how you feel. At this time, it's important for you to take care of yourself first.

It really is OK for you to say no to those who wish to "act" as if everything is normal. People may tell children in the family not to mention the name of the person who has died, because it might make you sad, it could make you cry. I truly think that people may act that way because they want everything to be "normal" again for themselves; as if death were contagious. It took me several years of wishing and waiting to get my life back before I finally discovered that my "old life" wasn't coming back. How could anything be normal without my sweet Melissa? Would I really want my life to be normal without her? Continued on page 2

National Office

P.O. Box 3696, Oak Brook IL.

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Fax: (630) 990-0246

www.compassionatfriends.org

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



Continued from page 1

My life is different since my daughter died. How could it not be? My daughter, Melissa, was almost 16 when she died. She was beautiful, and smart. She was my first child. I tried to act as if things were not different for my three younger girls. In my mind, I hid my grief from them well; I learned many years later, that way back then, they thought I cried all the time. A child's perspective is very different than that of an adult.

People often don't seem to realize that brothers and sisters are also grieving, that their lives are as changed as their parents life has been; maybe more so. Grandparents and siblings are often overlooked when a child has died, for any reason or any age. My parents tucked away their grief and didn't talk about it. They worried about me. While I fell apart, my daughters felt as if they had lost their mother as well as their sister.

I didn't really know these things until my other daughters were grown up. I have always been eager to talk and encouraged the girls to talk about Melissa. Death is not a taboo subject for us. Since the ten year anniversary of Melissa's death, on her birthday, the girls and I try to get together. We go out to diner and take a candle to light, and Missy's baby book and photo album and just talk about her. It's a good time. We can and do share happy memories. My youngest daughter, who was born after Melissa's death. feels as if she knew her too. Every person must decide on their own about all holidays. You might want to light a candle in memory of your child on special days, or plant a tree. What ever works for you is your "new normal."

Written by Linda Lenox, Newsletter editor



Melissa with her 3 of her younger sisters

Melissa, age 15

Advisory Board Members

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!



Webinars

The Compassionate Friends provides its webinars free of charge as a service to the bereaved. If you have questions about the webinars please email us at webinars@compassionatefriends.org.

December 10, 2012 - Dreams a Blessing in Disguise The presenter helps participants discern the difference between a "dream visit" and a "grief dream," and recognize both dreams as a valuable tool for reconciling the death of a child.

Presenter: Carla Blowey, author of *Dreaming Kevin: The Path to Healing*

Space is limited.

Reserve your Webinar Seat Now at:

<https://www2.gotomeeting.com/register/317901658>



The Compassionate Friends of Northeast Arkansas



Healing Hearts Newsletter

Crying on Christmas

Crying on Christmas
 For the lost child
 Snowing for the cold one
 For that infant *we have memories*
 So tender and mild.

Such a silent night *yesterday remains.*
 Just listen to Mommy's tears.
 Every other mother in the world
 Holding baby tight *As long as we have hope*
 Kissing Darling Dears.

And as the angels sing for birth of one child,
 They sing for the homecoming of one more.

Baby didn't get to celebrate Jesus
 She met him.
 The day that she was born

Written by Amber Lenox for baby Gracie

Telephone or email Friends

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

Toni Baker, 870-476-6025 or baker2205@msncom

.Toni's son Jayson died in a motorcycle accident.

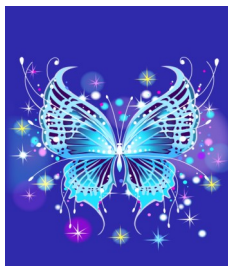
Dawn Kidd, 870-565-9930 or shandawn@paragould.net

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
 Supporting Family After a Child Dies

Light a candle for all
 children who have died

**Worldwide
 Candle
 Lighting®**

*... that their light
 may always shine.*

**Sunday, December 9, 2012
 7 PM Around the Globe**



Our next 3 Meetings

January 10, 2013

February 14, 2013

March 14, 2013

Mark Your Calendars!

The Compassionate Friends is a non-profit organization We depend on donations and fund-raisers for our operating expenses. If you would like to give TFC a tax deductible love gift, please mail it to:

TFC of Northeast Arkansas, c/o Dawn Kidd, Treasurer

2703 Stonegate Drive, Paragould Arkansas 72450

The Compassionate Friends does not espouse any 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

Regional Coordinators for the state of Arkansas

David and Dana Penn

870-759-1299

www.djdp32@hotmail.com



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

Tyler James Tritch

Contact me if you'd like your children added

Linda Lenox: linda@thelenoxfamily.com

Heaven's Treasure

"I'll give to you a little while, a child of mine," He said. For you to love the while she lives, and mourn for when she is dead.

It may be six or seven years, or 22 or 3, but will you until I call her back, take care of her for me?

She'll bring her charms to gladden you, and should her stay be brief, you'll have her lovely memories as solace for your grief.

I cannot promise she will stay, since all from earth return, but there are lessons taught down there I want this child to learn.

I've looked this wide world over in my search for teachers true And from the thongs that crowd life's lanes, I have selected you.

Now, will you give her all your love, nor think the labor vain, nor hate me when I come to call, to take her back again?"

I fancy that I heard them say, "Dear Lord, your will be done. For all the joy thy child shall bring, the risk of grief we'll run.

We will shelter her with tenderness; we will love her while we may, and for the happiness we have known, forever grateful stay.

But should the angels call for her Much sooner than we planned, we will brave the bitter grief that comes and try to understand.

In Loving Memory...

There are no dues or fees to belong to The Compassionate Friends. We have all paid the ultimate price; the loss of our loved ones. Through "Love Gifts," parents and others who wish to, may provide financial help to support our chapter.

We appreciate these gifts and use them in our chapter's work to be there to help other people who have lost a precious a child, or grandchild, or brother or sister.

The Compassionate Friends of Northeast Arkansas

We ask for donations in memory of our children who have died. Our activities support the grief work of many families. Our work also goes to educate the community about the grief process and how everyone can help and give emotional support to bereaved families.

Please help us help others by making a "love gift"

Tax deductible love gifts may be sent to:

TCF of Northeast Arkansas, c/o Dawn Kidd, treasurer

2703 Stonegate Drive, Paragould, AR 72450

Fold In



Fold In



This page can be printed to form an envelope for your love gift. Fold as directed, insert your check. and tape the ends closed

I would like to give a love gift of \$_____ in memory of _____

If you choose to give a love gift, please add your return address to receive your tax deduction receipt

May we acknowledge your love gift in our newsletter: Please Circle YES NO

If you would like your loved one's name added to our memorial page,

"Our Children Remembered" in our newsletter, Please submit the following information:

Child's full name _____

Birth date month and year _____ Death date, month and year _____

Center

Center

Fold Back



Fold Back



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c/o Dawn Kidd, Treasurer

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Paragould, Arkansas 72450