

The Compassionate Friends Of Northeast Arkansas 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 January 9, 2014 at 7:00 P.M. — 9:00 P.M.

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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 for us to hold our meetings
Thank You Southside Community Church!



Our next 3 Meetings!

January 9, 2014
February 13, 2014
March 13, 2014

Mark Your Calendars!



When you are bereaved, it's OK to:



Scream in the shower; yell in the car; howl at the moon; cry anywhere you like; misplace your glasses; lose the car; forget your name. You can put milk in the cupboard, toilet paper in the refrigerator, and ice cream in the oven. Beat up a pillow, stomp on the ground, throw stones in a lake, and change grocery stores. Wear one black shoe and one navy and have tear stains on your tie. Each French fries for breakfast, toast for lunch and peanut butter for dinner, as long as you eat. Write him a letter, bake

him a cake, smell his clothes, and celebrate his life on his birthday. Talk to your pets; they understand. Leave her room the way it is for as long as you like. Say her name just to hear the sound. Talk about her to others, tell loved ones what you need and say no when you feel like it. You can cancel plans or have a bad day.

And one day, when you're ready:

It will be alright to laugh again, dance and feel pretty, have a good time, look forward to tomorrow,

sing in the shower, smile at a friend's new baby and wear make-up again. Go for a day, week or even a month without crying. Celebrate the holidays, forgive those who failed you and learn something new. Look at his pictures and remember with happiness, not pain. Go on with your life and cherish the memories. And one day it will be alright to love again.

~Vicki Tushingham



The Heart of Grief

The heart of grief, its most difficult challenge, is not "letting go" of those who have died, but instead making the transition from loving in presence to loving in separation.

—Thomas Attig, from *The Heart of Grief, Death and the Search for Lasting Love*

The Compassionate Friends
State of Arkansas
Regional Coordinators
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Web address: www.compassionatefriends.org. Facebook: Compassionate Friends/USA



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Message by
Toni Baker,
Chapter



Happy New Year!! I pray we will all have a better year than 2013. Keep putting one step in front of the other and try to go forward. WE NEED NOT WALK ALONE We are here for each other and to encourage one another.

If you are interested in being on our Telephone Friends List so if someone needs to call or visit or you want to encourage someone struggling, please send me a message with your phone number and how your child died, (accident, illness, suicide, infant death, drug overdose, etc). We can all help one another and you may want to visit with someone similar to your situation. We will be sure to give a phone list to all who are interested.

If you borrowed any library books from our library, please be sure to return so others may check them out. We can always use library books that help us through our journey.

The National Conference in Chicago will be July 11th-14th. I'm looking into transportation,

conference and hotel costs, This is one of the closest national conferences to us and they are amazing. They really do help you. Please let me know if you are interested at all in attending.

Monthly meetings--2nd Thursday monthly except December--we hold a Candle Lighting the 2nd Sunday of December.

In October we will have our Walk To Remember and Picnic.

Is anyone interested in being Secretary or another member of TCF of NEA committee??

Would you like to write a story about your child or a poem for the newsletter? We would love to publish one or two monthly with your child's picture. Please let us know.

We have T-shirts for sale (pink or blue butterflies). \$12 each. Let me know or order online at www.tcfofnortheastarkansas.weebly.com.

Meetings/Events for 2014 (Subject to change)

January 9 -- Meeting

February 13 -- Meeting

March 13 -- Dawn Kidd, Guest Speaker

April 10 -- Paint Therapy with Steve Gillespie

May 8 -- Meeting. Also in May-- Balloon or dove/butterflies Release

June 12 -- Meeting and fund raiser will begin -- Boston Butts/Ribs?? Any ideas??

July 10 -- Meeting

August 14 -- Meeting

September 11-- Volunteers for Candle Light Committee

October 11th on a Saturday -- 2nd Annual Walk To a Remember and family potluck picnic

November 13 -- Give Thanks Potluck

What would you like to see happen with TCF of NEA in 2014??? Let's make it the best year ever!! Any specific speakers or subjects you would like this year?

Love and Hugs to you All!!! Toni



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!



Grief Support After The Death of a Child

The Compassionate Friends is about transforming the pain of grief into the elixir of hope. It takes people out of the isolation society imposes on the bereaved and lets them express their grief naturally. With the shedding of tears, healing comes. And the newly bereaved get to see people who have survived and are learning to live and love again."

—Simon Stephens, founder of The Compassionate Friends

The words of TCF's Founder, Simon Stephens, resonate with those who have come to The Compassionate Friends hoping to find a purpose in a life that suddenly seems so empty.

Whether your family has had a child die (at any age from any cause) or you are trying to help those who have gone through this life-altering experience, The Compassionate Friends exists to provide friendship, understanding, and hope to those going through the natural grieving process.



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Upcoming Events:

The Compassionate Friends is pleased to announce that Chicago, IL will be the site of the 37th TCF National Conference July 11-13, 2014.

"Miles of Compassion through The Winds of Hope" The 2014 conference will be held at the Hyatt Regency O'Hare right near the airport. We'll keep you updated with details here, on the national website as well as on our [TCF/USA Facebook Page](#) and elsewhere as they become available. Plan to come and be a part of this heartwarming experience!

Chapter Leader, Toni Baker is looking into transportation, conference, and hotel costs. Please let her know if any of you are interested in attending. This is one of the closest conferences to us and they are amazing!



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 or linda@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.

A New Year

January One

New Year, new life
new hope, new expectations
new beginnings

Old times, old fears,
old places, old disappointments . old dead ends
I am aware of my resistance to change
I am aware
of how reality is and how *Life Goes On*
I am aware
of how I feel vulnerable
Birthdays, death days
Celebrations, anniversaries
Seeking a new future
as the haunting past returns

I AM ME

Change is possible and difficult,
inevitable

I LIVE ON. NOW

--Cindy Bouman, TCF,
Hinsdale, IL

Congratulations to Jesse Amick!

Jesse is the winner of the Angel Blanket that was donated to our chapter by "Angel Blankets.com"



We Would Like to Thank for Love Gifts:

Bernadine Herren, in honor of her son, David Hawkins
Patty Hawkins, in honor of her son, Andy Myers, and
husband, David Hawkins
Mitchell Funeral Home, who donates to us yearly

We would also like to thank The Greene County

We survive the unthinkable—
we survive for others—
and then, very slowly,
we survive for ourselves.

Because only through the good
we do for others in her name
will the beauty of spirit,
mind and body—
that was our daughter— live forever.
—Kay Lokoff, TCF , Valley Forge, PA





Grief Support For Siblings

"When you close your eyes and remember, don't forget that your sibling rests yet in you, in your heart and in your thoughts, in everything you do. They will never leave you alone. You have a listener at your beck and call. What a gift!"
~ from a Sibling.

When a child has died, siblings are often referred to as "the forgotten mourners." While parents usually receive most of the support of relatives and friends, siblings generally receive little—often being asked "How are your parents doing?" The Compassionate Friends is an organization that is not just for bereaved parents. It's also for bereaved siblings (and grandparents). Some chapters have sibling subgroups (which welcome siblings age 14 and up) while adult siblings are welcome at all TCF chapter meetings. Contact your local chapter to find out their policies on siblings attending meetings.

Also, we invite you to **contact our National Office at 877-969-0010** and request a customized bereavement packet assembled just for you. There is no charge. We will also be happy to give you a referral to your nearest TCF chapter so you can attend when you feel ready.

Here on The Compassionate Friends national website, you will find support in a number of different ways.

- 1) **Online Support Community** (live chats) allows you to talk with other bereaved siblings from across the country during the Online Support Community sessions held every week. These sessions are limited in number of participants and have trained monitors who are also siblings.
- 2) Recommended sibling materials are offered through **TCF Exclusives**.
- 3) Two brochures made specifically for bereaved siblings:
When a Brother or Sister Dies
Adults Grieving the Death of a Sibling
- 4) All TCF National Conferences and many regional conferences offer workshops and other activities specifically geared for bereaved siblings.

TCF National Conference **TCF Regional Conferences**
- 5) **We Need Not Walk Alone**, the national magazine of The Compassionate Friends includes stories for siblings as well as the popular sibling column "Ask Dr. Heidi." You can now receive a free online subscription to this magazine by clicking on "Sign Up For National Publications" at the top of this page.
- 6) TCF chapters that provide sibling support (use **chapter locator**)



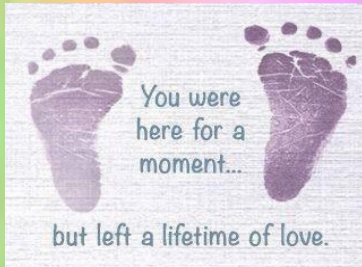
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Join Us on the Web!

tcfofnortheastarkansas.weebly.com

Join Us On Facebook!

www.facebook.com/groups/tcfofnea/



Funding for The Compassionate Friends of Northeast Arkansas

There are no individual dues or fees of any kind. The Compassionate Friends depend entirely on voluntary contributions from individuals, businesses, and the philanthropic community. TCF is a 501 (c) 3 non-profit organization; all donations are tax-deductable. Please help us help others!



Losing a Baby in infancy, Stillbirth, or by Miscarriage

Did you know that October is Pregnancy and Infant Loss Awareness Month? I'll bet not. Despite the infant mortality crisis that's been at the forefront of Milwaukee's public health news for months, the only people who have more than a cursory comprehension of what it means to lose a baby are those who've lived it.

Infant loss is nature's cruelest practical joke. It's investing all of the required time and effort into pregnancy, only to be robbed of the result. It's cradling a body that grew within your own and trying to reconcile the cold, lifeless form in your arms with your memory of the baby who turned double flips in your womb.

It's worrying that you'll forget what your child looked like and snapping an album's worth of photos that no one will ever ask to see. It's sobbing so hard you can't breathe and wondering if it's possible to cry yourself to death.

Infant loss is handing off a Moses basket to the nurse who's drawn the unfortunate duty of delivering your pride and joy to the morgue and walking out of a hospital with empty arms.

It's boxing up brand new baby clothes and buying a 24-inch casket. It's sifting through sympathy cards, willing your foolish body to stop lactating, clutching your baby's blanket to your chest in hopes of soothing the piercing ache in your heart.

It's resisting the urge to smack the clueless individuals who compare your situation to the death of their dog or who tell you you'll have another baby, as if children are somehow replaceable.

Infant loss is explaining to your 7-year-old that sometimes babies die and being stumped into silence when she asks you why. It's watching other families live out your happy ending and fighting a fresh round of grief with every milestone you miss.

It's being shut out of play groups for perpetuity. It's skipping social events with expectant and newly minted mothers because, as a walking worst-case scenario, you don't want to put a damper on the party.

It's listening to other women gripe about motherhood and realizing that you no longer relate to their petty parental complaints because, frankly, when you've buried a baby, a sleepless night with a vomiting toddler sounds something like a gift.

Infant loss is pruning from your life the friends and relatives who ignore or minimize your loss. It's recognizing that, while they may not mean to be hurtful, the fact that they don't know any better doesn't make their utter lack of empathy one whit easier to bear.

My baby girl would have been 5 years old this month. I don't know what she'd look like, what her favorite food would be. I've never had the privilege of tucking her into bed, taking her to the zoo or kissing her boo-boos. I will never watch her graduate or walk down the aisle.

Infant loss is more than an empty cradle. It's a life sentence.

Laura Schubert of New Berlin is a mother, teacher and two-time breast cancer survivor. Email ljschubert@aol.com



Our Children Remembered

Melissa Wilkinson

Jayson Baker

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

Terry Brown

Jayden Wilkinson

Caiden Billups

Blake Howerton

Andrew Wayne Myers

Jon David Penn

Joseph "Chase" Jackson

*If you would like your child
added to this list, contact:
linda@thelenoxfamily.com*



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 help, may provide financial 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 families in our area. Our work is also used 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 Toni Baker, chapter leader
2703 Stonegate Drive, Paragould, AR 72450

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This page can be printed to form an envelope for your love gift. Fold as directed,

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

From (relationship) _____

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

Your relationship _____

If you no longer wish to receive this newsletter, please check this box and return it to us.

Or email: linda@thelenoxfamily.com

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The Compassionate Friends of Northeast Arkansas
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