

# 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](mailto:tcfofnortheastarkansas@yahoo.com) Webpage: [tcfofnortheastarkansas.weebly.com](http://tcfofnortheastarkansas.weebly.com)

Facebook page: <https://www.facebook.com/groups/tcfofnea/>

Our next regular meeting is January 8th, 2015 at 7:00 P.M. — 9:00 P.M.

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*it will get  
Better*

The Compassionate Friends  
State of Arkansas  
Regional Coordinators  
David and Dana Penn  
870-759-1299  
[www.djdp32@hotmail.com](http://www.djdp32@hotmail.com)



#### New Year's Wishes For Bereaved Parents

To the newly bereaved: We wish you patience – patience with yourselves in the painful weeks, months, even years ahead.

To the bereaved siblings: We wish you and your parents a new understanding of each other's needs and the beginnings of good communication.

To those who are single parents: We wish you the inner resources we know you will need to cope, often alone with your loss.

To those experiencing marital difficulties after the death of your child: We wish you a special willingness and ability to communicate with each other.

To those who have suffered the death of more than one child: We wish you the endurance you will need to fight your way back to a meaningful life once again.

To those of you who have experienced the death of an only child or of all your children: We offer you our eternal gratitude for serving as such an inspiration to the rest of us.

To those of you who are plagued with guilt: We wish you the reassurance that you did the very best you could under the circumstances, and that your child knew that.

To those of you who are deeply depressed: We wish you the first steps out of the "Valley of the Shadow".

To all mothers, fathers, and those of you unable to cry: We wish you healing tears and the ability to express your grief.

To those of you who are exhausted from grieving: We wish you the strength to face just one more hour, just one more day.

To all others with special needs that we have not mentioned: We wish you the understanding you need, the assurance that you are not alone, and that you are loved.

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Web address: [www.compassionatefriends.org](http://www.compassionatefriends.org). Facebook: Compassionate Friends/USA

# Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

## Note from our Chapter Leader, Toni Baker

Happy New Year!! We're starting a new year journeying through our grief. The Compassionate a Friends is a group who walks down this path together by encouraging one another, showing hope, listening and sharing our stories together to help one another to find a new normal.

### WE NEED NOT WALKALONE!!

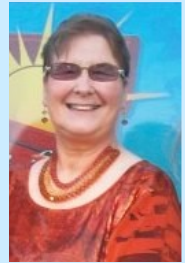
We have monthly gatherings to share -- talking about your grief does help--never be ashamed of tears--tears help the healing process. If you've never joined us in a gathering we encourage to come--the first few are hard I do admit but the more you come you become everlasting friends. We want to be able to talk about our children, grandchildren, our siblings and what better place than others knowing our sorrow. Join us Thursday, January 8th at 7pm for our next get together. There are no dues or fees to attend and it is a safe environment -- what's visited about stays within the group.

TCF OF NEA is in GREAT NEED of more help. We need a Secretary, Treasurer, Fundraiser Chairman, Grant Writer and we have other jobs that need to be done. Just a couple of us cannot carry the whole load. WE NEED YOUR HELP!! Even if you can't attend all the meetings there are jobs such as watching obits to send letters to, sending out "Thank You cards" when needed and other items that will help lighten the load. We would love to have those who have been traveling this road awhile (3-4-10-20 etc. years) to come give back to the newly bereaved. Please call me at 870-476-6025 or email me at [tcfofnortheastarkansas@yahoo.com](mailto:tcfofnortheastarkansas@yahoo.com) or let me know at the meeting January 8th. Will you be willing to help in 2015??

Looking forward to seeing you on Thursday, January 8th at 7pm at Southside Community Church Conference Room, 2211 Jones Rd, Paragould. Check out the website at:

[www.tcfofnortheastarkansas.weebly.com](http://www.tcfofnortheastarkansas.weebly.com)

Love and Hugs,  
Toni Baker, Chapter Leader



*We'd love to have your feedback!*

**Join Us on Facebook!**

<https://www.facebook.com/groups/tcfofnea/>

**Join Us on the Web!**

[tcfofnortheastarkansas.weebly.com](http://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!

If you would like to contribute to the newsletter with an original poem or story you wrote, or If you wish to stop receiving this newsletter, please contact me at:  
[linda@thelenoxfamily.com](mailto:linda@thelenoxfamily.com)

### Our next 3 Meetings!

January 8, 2015

February 12, 2015

March 12, 2015

Mark Your Calendars!



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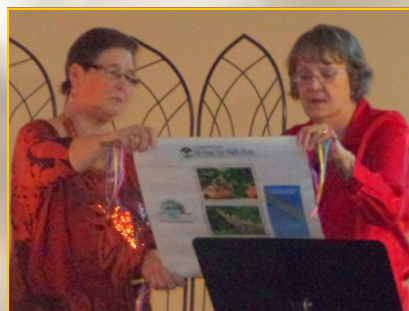
## Upcoming Events:

Our next regular meeting will be on January 8th, 2015, in our usual place, The Southside Community Church conference room, up the hill from the church, 2211 Jones Road. We meet at 7:00 P.M. and usually wind down near 9:00 P.M. In case of bad weather, our meetings will always be canceled. You can call our Chapter Leader, Toni Baker, if you are unsure when we will meet: (870) 476-6025

## 3rd Annual Balloon Release

Since we don't really have many events during the winter, our next event will be our 3rd annual Balloon Release. We will release information about this event in the spring.

The 2014 Worldwide Candle Lighting was a huge success! Many thanks are extended to the people who volunteered their time to help us pull this together, as well as area businesses who donated items such as refreshments and door prizes!



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### One More By Maranda G. Brice

When the sunny skies turn from blue to gray,  
I can't help but wonder just what you would say?

I wonder if you know how many lives you have touched,  
Do you know that people here love you so much?

Can you even know how many dreams you made come true,  
Or if you can hear the voices saying I love you?

Do you know how many lives you have changed,  
And how many lives you completely rearranged?

I wish I could have just one more year,  
Because I can't picture the rest of my life without you here.

Just another chance to spend the night, and share a laugh,  
Another day of school with you is what I'd like to have.

Do you know you'll be greatly missed by us all?  
Just one more time I want to hear you're voice when I call.

Just one more laugh, one more time to see you walk through the door  
Another smile, another story, another hug, another day...Just one more.



**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!**

**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**

# Our Children Remembered

**Melissa Noel 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**

**Mattie Bryant**

**Terry Brown**

**Shayla Jo Miller**

**Jayden Wilkinson**

**Jasmine Sierra Miller**

**Caiden Billups**

**Blake Howerton**

**Andrew Wayne Myers**

**Jon David Penn**

**Joseph "Chase" Jackson**

**Tyler James Troutt**

**Matthew Russo**

**Brent Hawkins**

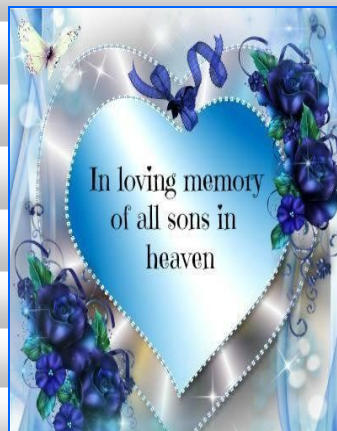
**Nathan Swafford**

**Daryl McWilliams**

**Billy Ray**

**Noah Spencer Boyd**

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



**Healing Hearts Newsletter  
of The Compassionate Friends of Northeast Arkansas**

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.

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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 gifts.

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!!