

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

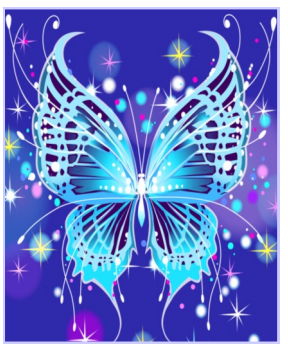
Facebook page: <https://www.facebook.com/groups/tcfofnea/>

Our next meeting is July 10th, 2014 at 7:00 P.M. — 9:00 P.M.



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The Compassionate  
Friends  
State of Arkansas  
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David and Dana Penn  
870-759-1299  
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## They Say

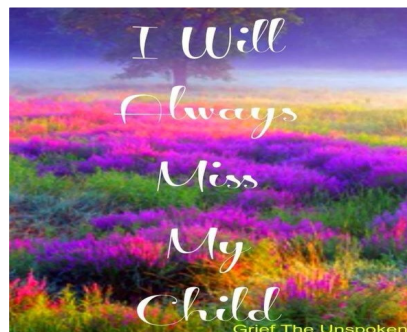
They say it's been ten years, I must be better now.  
But I carried her inside me.  
They say it's been ten years, you have other children to love.  
But she was the first.  
They say it's been ten years, you have a beautiful home.  
But she doesn't live here.  
They say it's been ten years, I should see the beauty around me.  
I need to see her face, touch her hair, hear her voice.  
They say it's been ten years, it's time to cheer up.  
But I love her still.  
They say it's been ten years, get over it.  
But I miss her.

Written by Linda Lenox

It never crossed my mind  
That I would have to bury my child  
And that my heart would still beat  
And that the world would still turn  
And that life would go on  
It never crossed my mind.

Grievers don't wear  
an awareness ribbon.  
Because grief is different.  
We are different.  
We wear a badge of honor.  
Our badge  
of honor  
is a  
butterfly

National Grief Awareness Day [www.griefawarenessday.com](http://www.griefawarenessday.com) Good Grief Worldwide™ [www.goodgriefww.com](http://www.goodgriefww.com)



## 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

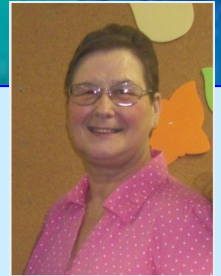
Thank you all for being on our board!

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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*



I want you to all know you are all very special to me – all those who are attending meetings, receiving newsletters and even the ones who are not aware of TCF of NEA. My heart breaks for each of you and our chapter wants to reach out to all who are suffering the loss of a child, grandchild or sibling. We meet on a monthly basis to share our thoughts and feelings, how it has affects us and to encourage each other in a new normal for each of us. We are not here by choice but it helps to be with others who are going through horrible feelings of anger, feeling lost, wanting to give up, not fair, why, etc. and we sincerely invite you to join us. Your first few meetings are terribly hard but believe me they will help you walk through your journey –

**WE NEED NOT WALK ALONE!!**

Bring a friend or another family member along for security. Please pass this message on to others suffering the loss of a child, grandchild or sibling. If you have a name and address of someone you know in this journey, please send me their name, address and I will be glad to send information to them.

For the July 10th meeting I would like everyone to bring one item of your child, grandchild or sibling's belongings to share. We want to share some special memories of our loved ones.

We need to start planning our Annual Walk to Remember/Family Picnic and also Candle Lighting Service. I need volunteers to help plan and organize these events. TCF of NEA has a few steering committee openings--don't let it scare you--come talk to me. Anyone out there that is receiving a newsletter and is more than 18 months into your grief journey. TCF of NEA could sure use your help--helping others helps us. Please contact me at 870-476-6025 or email me at [tcfofnortheastarkansas@yahoo.com](mailto:tcfofnortheastarkansas@yahoo.com).

Looking forward to seeing each and everyone of you at our next meeting. Love and Hugs!! *Toni*

**Join Us on the Web!**

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

**Join Us on Facebook!**

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

*We'd love to have your feedback!*

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!**

July 10, 2014  
August 14, 2014  
September 11, 2014





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

### 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.

### Upcoming Events:

July, 2014  
Meeting →

For our meeting in July, Toni Baker, Chapter Leader, has asked us to bring an item that belonged to our lost loved one. We can share special memories of our child, grandchild, or sibling or parent.

October →

In October we will be sponsoring our 2nd Annual Family Picnic and Walk to Remember. Last year this event was held at Crowley's Ridge State Park in Walcott Arkansas, inside the large pavilion. We will be serving bar-b-que sandwiches, and are asking everyone to bring a covered dish to share with the group. TCF of NEA will supply plates, eating utensils, etc.

Anyone who comes are welcome to bring family or friends! This won't be a meeting, so children are welcome. After the meal, we will have our "Walk to Remember," in which we will walk around the small, swimming lake, and carry small signs with our children's name on each one, in remembrance of our children, grandchildren and siblings "Gone Too Soon." For those unable to make the walk, we will have people there to carry your lost loved ones name for you. We will have a door prize and a few item for sell. We will need a count of people likely to attend so we can make sure to bring enough food and supplies. Please contact Toni, 476-6025, or email, tcfof-northeastarkansas@yahoo.com if you can come.

December →

On December 14th, the second Sunday in December we plan to hold our World-Wide Candle Lighting. This year would have been the 3rd Annual Candle lighting for The Compassionate Friends of Northeast Arkansas, however, our event in 2013 had to be canceled because of slippery, dangerous road conditions. Our first Candle Lighting was a very beautiful and moving tribute to our lost loved ones.

Because this is a world-wide event, candles will be burning for 24 hours around the globe. We will begin lighting our candles in time to have them all lit promptly by 7:00 P.M. We will supply a candle for each participant to hold.

Please bring a picture of your loved ones; we have a table to display the pictures. We will have 2 singers during the event, as well as poem readings, the reading of our loved one's names, and the lighting of the 5 candles on stage. Refreshments will be served after the event, and there will be a door prize.

As with all of our events, there will be no charge. We do our work with the help of love gifts given to our chapter. These donations, and our fundraisers pay for our newsletter, our events, and any crafts we do in our meetings, and are very much appreciated.



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

### CHOOSING TO HEAL

In order to heal  
you must MOURN.

You must push grief  
up and out.

Contrary to the old way of doing grief —  
denying  
suppressing  
pretending  
and stuffing your feelings and emotions down —  
you must find ways to  
feel  
express  
and release  
all of the feelings and emotions that are bubbling up inside of you.

You must give yourself permission to mourn.  
If you want to heal.



Tom Zuba



### WISH LIST FOR BEREAVED PARENTS

(Some people attribute this to having come from the [Compassionate Friends](#) organization and others to a woman named [Jenny Coffey](#) who is listed on [Pregnancy.org](#) as being the author.)

1. I wish my child hadn't died. I wish I had her back.
2. I wish you wouldn't be afraid to speak my child's name. My child lived and was very important to me. I need to hear that she was important to you also.
3. If I cry and get emotional when you talk about my child I wish you knew that it isn't because you have hurt me. My child's death is the cause of my tears.
4. You have talked about my child, and you have allowed me to share my grief. I thank you for both.
5. I wish you wouldn't "kill" my child again by removing her pictures, artwork, or other remembrances from your home.
6. Being a bereaved parent is not contagious, so I wish you wouldn't shy away from me. I need you now more than ever.
7. I need diversions, so I do want to hear about you; but, I also want you to hear about me.
8. I might be sad and I might cry, but I wish you would let me talk about my child, my favorite topic of the day.

**Continued on page 5**

### TCF thank you for your support for our fundraiser and Thanks, Payne's Meats

Thank You to all who supported TCF of NEA in the Boston Butt/Rib Fundraiser. Funds are used for monthly newsletters costing approximately \$75/mo. Love gifts are greatly appreciated and can also be given in memory of a loved one. Send your love gift to:

**TCF of NEA, 2703 Stonegate Drive, Paragould, AR 72450.**



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

### *Heaven's Treasure* *Author Unknown*

*"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 throngs 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.*

Continued from page 4

9. I know you think of and pray for me often. I also know that my child's death pains you, too.
10. I wish you would let me know those things through a phone call, a card, note, or a real big hug.
11. I wish you wouldn't expect my grief to be over in a short period of time. I wish you could understand that my grief will never be over.
12. I will suffer the death of my child until the day I die. Grief is a life-long process.
13. I am working very hard in my recovery, but I wish you could understand that I will never fully recover.
14. I will always miss my child, and I will always grieve that she is dead.
15. I wish you wouldn't expect me "not to think about it" or to "be happy." Neither will happen for a very long time, so don't frustrate yourself.
16. I don't want to have a "pity party", but I do wish you would let me grieve. I must hurt before I can heal.



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

### *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

Mattie Bryant

Terry Brown

Jayden Wilkinson

Caiden Billups

Blake Howerton

Andrew Wayne Myers

Jon David Penn

Joseph "Chase" Jackson

Tyler James Troutt

Matthew Russo

Brent Hawkins

*If you would like your child  
added to this list, contact me:  
[linda@thelenoxfamily.com](mailto: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 aid 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 grand-child, 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

Donations can also be made through our web page  
or through our online store:

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

**This page can be printed and folded 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  
\_\_\_\_\_

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 email: [linda@thelenoxfamily.com](mailto:linda@thelenoxfamily.com)

**The Compassionate Friends of Northeast Arkansas  
2703 Stonegate Drive  
Paragould, Arkansas 72450**

**Address Service Requested**