



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 Webpage: tcfofnortheastarkansas.weebly.com

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

Our next meeting is March 12, 2015 at 7:00 P.M. — 9:00 P.M.

Inside This Issue

<i>Grief in the Modern World</i>	1
<i>Note From Toni</i>	2
<i>Up-Coming Events</i>	3
<i>Grief in the Modern World Continued</i>	4
<i>Telephone Friends</i>	4
<i>Our Children Remembered</i>	5
<i>Love Gift Insert</i>	6



The Compassionate
Friends
State of Arkansas
Regional Coordinators
David and Dana Penn
870-759-1299



Grief in the Modern World from The Grief Toolbox

Grief is a sensitive issue and an issue we all face. These are my experiences and the truth of my journey and studies in this area. My words are simply signposts for you to guide you back into your own truth.

I define grief as the emotional suffering caused from the loss of someone or something significant in your life. The more intense the suffering the more emotion-ally attached we usually were to that person.

What I noticed is grief is a uniquely individual experience. We all have different experiences, however, there are some common themes that I believe do not change.

If you ignore grief and the pain it causes it will not just go away and disappear. In fact, what can happen is it resurfaces in another aspect or area of your life months or even years down the line. Crying is not the only form of expressing grief. I had many days I would just be hurting so badly inside that I couldn't even express it.

With millions of us facing grief every year it was so scary to find out how lonely the journey is and how disconnected people are on this subject. Here is a little test. Think of one famous singer? Okay how long did that take?

Now think of a famous grief specialist? I guess you didn't come up with one that quickly right?

Why? Because we hide things in society we find difficult to face. Yet behind closed doors we are suffering and we all struggle with it at some point. Grief isn't always on our main TV networks, magazines or radios. Continued page 6

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Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

Note from our Chapter Leader, Toni Baker

A very snowy day in Arkansas!! Wow!! Each day brings a new memory back. Today I remember JAYSON building a HUGE snowman with the help from his younger brother and sister. This snowman was fat and I know 6 ft. tall. He managed to climb on it and sit on his shoulders. What an awesome picture/memory to share. Beautiful smiles of success. I hope you are finding good memories of your child and sharing. If you write poems of your loved ones or would like to write a short story of a memory-we would love to post in our newsletter. Poems and storied help heal and when sharing it helps others to heal also.



Next week is our share meeting. THURSDAY, March 12th, at 7:00 P.M. in the conference room (up on the hill) at Southside Community Church. Our theme this month is "The Hand Tool." I look forward to seeing you all. If you haven't joined us yet I hope you soon do as we are here to help one another towards healing and a new normal.

We Need Not Walk Alone

May will be our balloon release and also a Mother's Day potluck at our regular meeting. TCF of NEA will provide meat, plates, tableware. More info to come.

See you Thursday. Check out our website-Cindy, our webmaster does a fantastic job!!

www.tcfofnortheastarkansas.weebly.com

Coming aboard to keep up on our obits is Darlene Bender and Patty Hawkins is going to be posting birthdays and anniversaries of our loved ones. We may need help from each of you on dates/pics of your loved one (s.) If you know of a child (any age, and cause) who passes please let us know so we can reach out to their families. Appreciate you all! Thank you so much, guys, for your help.

Love and hugs to each of you!

Toni Baker, Chapter Leader.



We'd love to have your feedback!

Join Us on Facebook!

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

Join Us on the Web!

tcfofnortheastarkansas.weebly.com

Our next 3 Meetings!

March 12, 2015

April 9, 2015

May 14, 2015

Mark Your Calendars!



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, contact me at:

linda@thelenoxfamily.com



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Upcoming Events:

March

Our meeting for March will be on the 12th at 7:00-9:00.
The theme for this meeting is "The Hand Tool."

April

Our meeting for April will be on the 9th at 7:00-9:00

May

The meeting for may will be a Mother's Day Banquet. TCF of NEA will be hosting, with the help of volunteers from Southside Church. We'll be in the conference room.

The 3rd Annual Balloon Release will be on May 16th in downtown Paragould. More information will be posted as it becomes available.



Don't Forget! Coming in July 38th National Conference!

The Compassionate Friends is pleased to announce that Dallas, Texas, will be the site of the 38th TCF National Conference on July 10-12, 2015. "Hope Shines Bright ... Deep in the Heart" is the theme of this year's event, which promises more of last year's great national Conference experience. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. 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.

Conference Pricing is as follows:

- Adult registration - \$90
- Child registration (ages 9-12) - \$40
- Full-time college student
- College ID required at check-in - \$40

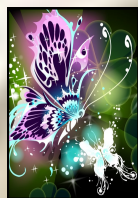
The Hyatt Regency Downtown Dallas, 300 Reunion Blvd., Dallas, TX 75207, is now accepting reservations for TCF's National Conference. Conference attendees are receiving a discounted room rate of \$129. We anticipate a large attendance for the conference, so we encourage you to make your reservation as soon as it is convenient for you.

[Make your reservation](#)



Last month our Pampered Chef fund raiser ended. It was a great success and we sincerely thank everyone who participated. We hold fund raisers to finance our chapter's postage for mailing newsletters and expenses for the event we hold throughout the year. We could not do things without the support of the people and businesses who sponsor our work.

Toni Baker receiving "Pampered Chef" check from Jackie In-



February 26, 2015, Paragould Chamber of Commerce "Chamber Showcase." Chapter Leader, Toni Baker, Tammy Turner and I, Linda Lenox had the privilege of speaking to many area people about our chapter and what The Compassionate Friends are doing in our community.



A CHILD'S DEATH IS DEVASTATING!!

For any bereaved parent, grandparent or sibling who has lost their child, grandchild or sibling know how devastating it is. The hurt is so deep and you don't know which way to turn. You feel like you're in a deep, deep dark hole trying to climb out and keep getting pushed back down. The hurt is so tremendous it can't be described.

The Compassionate Friends of Northeast Arkansas is a chapter based in Paragould helping bereaved parents, grandparents and siblings find a new normal. This is a group we did not choose to belong to and one we hope you will never need to join. We are a self-support, non-profit organization walking the grief journey together -- it helps to have others walking with you who understand your feelings and emotions--the deaths may not be the same but they are our children and that's what matters. No matter what age--miscarriage to adult -- we are here for you. We offer hope, encouragement, love and friendship. We gather on a monthly basis to share our stories, feelings, emotions, experiences, things that are working for us and not working--we cry together and laugh together and grow in our grief journey. Your heart will always be missing a piece and it will tinge with hurt. It's like a sore healing and every once in awhile the scab is pulled off and it bleeds all over again -- never completely heals. We meet the second Thursday of the month from 7p to approximately 9pm at Southside Community Church conference room at 2211 Jones Road in Paragould. We do not espouse any religion and there are no dues to belong.

WE NEED NOT WALK ALONE.



*Rain falls because the
clouds can no longer
handle the weight.
Tears fall because the
heart can no longer
handle the pain.*



Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

April 2nd is the date that the **Arkansas Gives Org** Provides the opportunity for giving to Arkansas non-profit organizations.

The Compassionate Friends of NEA is listed as one non-profit organization that you will be able to donate to. We do our work from donations and fundraisers. We hope you will consider giving on April 2nd to:

The Compassionate Friends OF Northeast Arkansas

so we can continue to send out monthly newsletters, hold monthly meetings, balloon releases, Walk to Remember & Family Picnic and our Candle Lighting and help bereaved parents. You are welcome to send your tax deductible donations to:

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

The link to donate on April 2nd through Arkansas Gives is:

http://www.arkansasgives.org/search-nonprofits/?organization_id=253

You may copy and paste this link into your internet browser address bar, or type it into the address bar.

For more information on TCF of NEA please call:

Toni Baker, Chapter Leader, 870-476-6025;

email tcfofnortheastarkansas@yahoo.com

check out our website at: www.tcfofnortheastarkansas.weebly.com





Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

Continued from page 1

You may have even heard these words before, “You have to move on” or “You have to move forward.” How hurtful these words can be but people simply know no better. When we sweep death and grief under the carpet that’s what happens.

Western Society has become more about *me* and less about *us*. When I wrote my book From Grief To Greatness I wanted to reveal the power of serving and giving that is within us all.

Society is much more focused on keeping up appearances, pretending everything is fine when inside it’s not. Think about how many times someone says, “Hello, how are you” Your automatic response is, “I’m fine, and you?” This answer becomes a barrier to what is really happening. It becomes a block to the real feelings going on inside but for some reason we feel it best to keep it to ourselves. When Mum died I’d say those words and just keep going. I felt like I didn’t want to burden anyone with my problem and other times I didn’t think anyone would understand what I was going through.

When you experience a loss the grief is painful and raw and sometimes words weren’t what I wanted to hear. One of the most powerful things was an action a friend of the families did. This action was a

HUG.

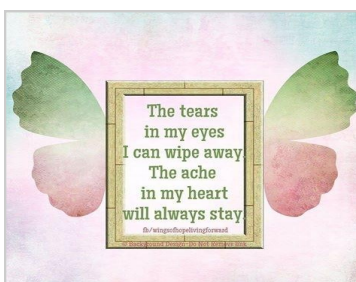
A simple hug has the power to transcend words and communicate love. I don’t care if you’re a man or a woman or whether you worry if others think it is cool or not. We all need a hug. If you don’t know what to say to someone who is in grief then give them a hug. You always have the ability to share that. It is free and the biggest gift you can give someone, aside from your time and love.

While you are reading this you may be experiencing grief. What has been one of the most comforting things that someone has done for you small or large? Or what have you done for someone else in grief?

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!



Speak Their Name

*Someone I love has gone away
And life is not the same
The greatest gift that you can give
Is just to speak their name*

*I need to hear the stories
And the tales of days gone past
I need for you to understand
These memories must last*

*We cannot make more memories
Since they’re no longer here
So when you speak of them to me
It’s music to my ear*

-kp © 2013

Out of the Ashes/JFB

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 orlinda@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.



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

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

Brian Nelson

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



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

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_____ 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.

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

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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!!**