



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.

Email: tcfofnortheastarkansas@yahoo.com Webpage: tcfofnortheastarkansas.weebly.com

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

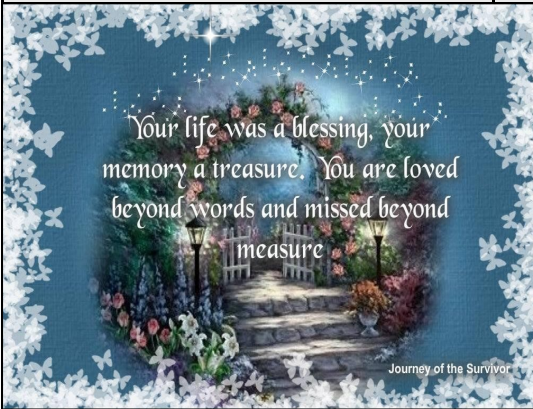
Our next meeting is November 14, 2013 at 7:00 P.M.-9:00P.M.

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The first annual family picnic and "Walk to Remember was a success!

The day started out rainy, but by 1:00, the sunshine arrived and it was a beautiful day! Five families were represented. We enjoyed good food and an enjoyable fellowship with each other. We hope that the event next year will be even bigger and better!



Advisory Board Members

Associate Pastor Pat Graham, LMSW

Melissa Phillips, Owner of Bren's Flowers

Crystal Baldwin, MSNFPN-BC

Mariah Bryson, General manager of Zaxby's

Thank you all for being on our board!



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Note From Our Chapter leader,

Toni Baker

Many hugs to each of you as you walk through this holiday season. We have a lot of things happening in the next couple months here at TCF of NEA. Our next meeting is Thursday, November 14th at 7pm. Before the meeting, starting at 6:00 pm those who would like to be on the Candle Lighting committee will meet in the conference room to start preparing for this event. Candle Light Service is Sunday, December 8th at 6:30pm in the conference room at Southside Community Church.

We have TCF of NEA T-shirts now--I will have them at our meeting if you would like to purchase any. You may also ask friends and relatives if they would like to purchase any to help with our expenses for our chapter. I would like to ask each one of you to consider taking some Raffle Tickets to sell--we need to pull together as a team to sell these. The raffle is for a beautiful 24x24 Baby Blanket donated by Angel Blankets. The drawing will be December 8th at the Candle Lighting Service. They need not be present to win. Proceeds go toward expenses for events, newsletters, printed materials, brochures, etc. as we are a non-profit chapter. All funds for our chapter are through donations and fundraisers.

Also, very important, we would like to put together a video for the Candle Lighting Service. if you would like to have your child, children, grandchildren or sibling's picture with their full name, parents name, birth and death dates, email the information right away to:

tcfofnortheastarkansas@yahoo.com. Thank you!! We still have volunteer opportunities open; just ask me if interested.

Love and hugs!! Toni



The Compassionate Friends
State of Arkansas
Regional Coordinators
David and Dana Penn
870-759-1299
www.djdp32@hotmail.com

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!

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!



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Our next 3 Meetings!

November 14, 2013; (This month)

December 8th, 2013 is the World Wide Candle Lighting;

(No meeting in December)

January 9th, 2014

Mark Your Calendar!



Telephone or email Friends

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

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.



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 8, 2013
7 PM Around the Globe

Upcoming Events

Annual World Wide Candle Lighting

December 8, 2013 Coincides with National Worldwide Candle Lighting, This beautiful service is always held on the 2nd Sunday of December We will not have a regular meeting in December

TCF 2014 National Conference

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!



The Compassionate Friends
Supporting Family After a Child Dies

Miles of Compassion through The Winds of Hope

37th National Conference
Chicago, Illinois
July 11-13, 2014

The Compassionate Friends
of Northeast Arkansas

Has a Facebook Page!

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

And a Webpage:

www.tcfofnortheastarkansas.weebly.com

Meeting Time and Place

Southside Community Church
conference room, up on the
hill

2211 Jones Road, Paragould
2nd Thursday of the month



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Dealing With Grief During the Holidays



10 things to help get you through this difficult time

Grieving the loss of a loved one is a deep and difficult challenge at any time. But the holiday season can magnify your sense of loss and mourning. Family gatherings and seasonal events can be painful reminders of the absence of a loved one. At the same time, they can also be comforting rituals where you spend time with family and friends, focusing on good memories and trying to recapture your sense of joy. If you are mourning a loss of a loved one this year, here are some important things to keep in mind.

1. **Only do what feels right.** It's up to you to decide which activities, traditions or events you can handle. Don't feel obligated to participate in anything that doesn't feel doable. Grieving takes time. You are very vulnerable right now, so all you need to do is get through the day or week or season — in a healthy way. Try not to think much beyond that.
2. **Accept your feelings** — whatever they might be. Everyone takes his or her own path in grief and mourning. Some may try to avoid sad feelings; others will be bathed in tears. Some feel bad that they aren't up for enjoying a holiday; others feel guilt because they are feeling joy. However you feel, accept it. And accept the inevitable ups and downs: You may feel peaceful one moment and gut-wrenchingly sad the next. Try to stay in tune with your own highest truth and you will know how to get through the holiday without judging yourself or others.
3. **Call on your family and friends.** Talk with loved ones about your emotions. Be honest about how you'd like to do things this year — if you want to talk about those who have passed, then do so, and let others know it's OK. Take a buddy to events for support and create an "escape plan" together in case you need to bow out quickly. Read books about getting through the holidays after loss, and seek out support groups, lectures or faith-community events. Seek professional support from a therapist. Stay in touch with others who are grieving via online groups and connections with friends.
4. **Focus on the kids.** Many holidays place special attention on children, and it often helps to focus on their needs. Realize that your choices around getting through the holidays may affect the children in your family. If you withdraw, they may not understand why you don't want to join family festivities. Perhaps you can participate in the family rituals or gatherings that are most important to the kids, and excuse yourself when you reach your limit.

What to do if holiday activities feel painful.

5. **Plan ahead.** Sometimes the anticipation is worse than the actual holiday. Create comforting activities in the weeks approaching a holiday so that you have something to look forward to rather than building up a dread of the pain the holiday could bring. New activities might be easier, but familiar traditions might be comforting as well — do what feels best for you. Surrounding yourself with positivity can be very helpful.
6. **Scale back.** If the thought of many holiday activities feels painful, overwhelming or inappropriate this year, cutting back may help. For example, you might opt for minimal decorations at home and take a break from sending holiday greetings, or try e-greetings instead of the more time-consuming task of mailing greeting cards. You could limit holiday parties to small gatherings with your closest friends and family. Do whatever feels safe and comfortable to you. Create realistic expectations for yourself and others, but above all be gentle with yourself.
7. **Give.** It's amazing how in times of grief, sometimes the biggest comfort is to give to others. We often feel paralyzed by the sheer emotion — sadness, feelings of helplessness or hopelessness. In times of loss, we often want to do something that will make a difference. Consider these options:
 - If you've lost a loved one, gift-giving at holiday times may be a challenge. Shopping for gifts and seeing the perfect gift for someone you know you will never be able to give a gift to again can be devastating. Shopping online may be a better option for you.
 - You might purchase something that symbolizes the person or time before your loss and donate it to a needy family. Or make a donation in a loved one's name to a charity or cause he or she cherished.

Negative circumstances may surround the loss you have experienced, and it's so easy to fall into a focus on the sadness, horror or anger. Try channeling your energies in positive ways to create good in the world, rather than perpetuate the negative. Volunteer to help people in some way that is related to that which has caused such anguish. Give of your time and talents or make a donation to a related charity.

Continued on next page



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Ways to acknowledge those who have passed on. »

8. Acknowledge those who have passed on. When we are grieving a loss of someone very close to us, it can be helpful to participate in a related holiday ritual in his or her memory. Some ideas: lighting candles for them, talking about them, buying children's toys or books to donate in their name, dedicating a service to them, planting a tree, making a card or writing a letter, displaying their picture or placing an item of theirs among holiday decorations.

9. Do something different. Acknowledge that things have changed; indeed, the holiday will not be the same as it was ever again. Accepting this will help manage expectations. Plan new activities, especially the first year after the loss. Go to a new location for family celebrations, change the menu or go out to eat, volunteer, invite friends over, attend the theater, travel ... create new memories. Many families return to their usual routines and rituals after the first year, but some enjoy incorporating their new experiences permanently.

10. Skip it. If you feel that it will be too much for you and you'd like to simply opt out of participation in a holiday, let family and friends know. But plan alternative comforting activities for yourself and let someone know what you will be doing. It's a good idea

A BEREAVED GRANDPARENT

I am powerless. I am helpless. I am frustrated. I sit here with her and cry with her. She cries for her daughter, and I cry for mine. I can't help her. I can't reach inside and mend her broken heart. I must watch her suffer day after day and see her desolate.

I listen to her tell me over and over how she misses Emily, how she wants her back. I can't bring Emily back for her. I can't even buy her a better Emily than she had, like I could buy her a better toy when she was a child. I can't kiss the hurt and make it go away. I can't even kiss a small part of it away. There's no Band-Aid large enough to cover her bleeding heart.

There was time I could listen to her talk about a fickle boyfriend and tell her it would be OK, and know in my heart that in two weeks she wouldn't even think of him. Can I tell her it'll be okay in two years when I know it will never be OK, that she will carry this pain of "what might have been" in her deepest heart for the rest of her life?

I see this young woman, my child, who was once carefree and fun loving and bubbling with life, slumped in a chair with her eyes full of agony. Where is my power now? Where is my mother's bag of tricks that will make it all better?

Why can't I join in the aloneness of her grief? As tight as my arms wrap around her, I can't reach that aloneness. Where are the magic words that will give comfort? What chapter in Dr. Spock tells me how to do this? He has told me everything else I needed to know. Where are the answers? I should have them, I am her mother.

What can I give her to make her better? A cold wet wash cloth will ease that swelling of her crying eyes, but it won't stop the reason for her tears. What treat will bring joy back to her? What prize will bring that "happy child" smile back again?

I know that someday she'll find happiness again, that her life will have meaning again. I can hold out hope for her someday, but what about now? This hour? This day?

I can give her my love and prayers and my care and my concern. I would give her my life. But even that won't help.

Margaret Grener, TCF

St. Louis, MO





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*The Compassionate Friends of Northeast Arkansas will host
The World-Wide Candle Lighting on December 8, 2013*

*The candle lighting will be held at Southside Community Church conference room,
up the hill from the church 1122 Jones Road, Paragould, Arkansas. Candles will be
lit promptly at 7:00, in order for candles to be lit around the world for 24 hours.*

Please plan to arrive by 6:00-6:30

Ample parking is available by the church, and a sidewalk leads up to the conference room

For those with mobility problems, you may park by the conference room



*Memories Remain;
Love Lives On*



Candle Light Service video will be made

We would like to make a video slideshow of our children "gone too soon" to show at our World Wide Candle Light Service. If You would like your child or children, grandchild, brother or sister to be a part of this video, please send or email a picture to me as soon as possible. We will need individual pictures of the loved one, with their names, parents names, month and year of birth, and month and year of death. Send to:

tcfofnortheastarkansas@yahoo.com



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Angel Blanket to be Raffled!



This beautiful baby blanket was donated to our chapter by angelblankets.com

It measures 24" X 24" and will be raffled off to help our chapter. Raffle tickets will be sold between now and December 8.

\$3 per one ticket, or \$10 for 4 tickets.

The drawing for the blanket will be at the

World-Wide Candle Lighting

The Paragould Christmas Parade will be held on December 7th, in the afternoon rather than at night, for the first time.

While our Compassionate Friends Chapter does not have a float, we can walk in the parade and allow more people to learn about our chapter. Contact Toni Baker if you are interested in joining us!

870-476-6025 or

tcfofnortheastarkansas@yahoo.com



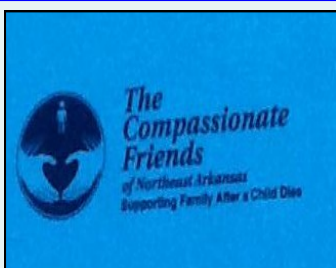
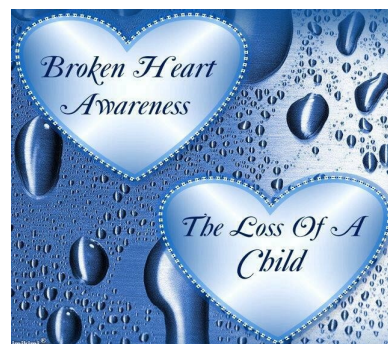
THE COMPASSIONATE FRIENDS
Supporting Family After a Child Dies

Light a candle for all children who have died

Worldwide Candle Lighting®

... that their light may always shine.

Second Sunday in December
7 PM Around the Globe



Front, left shoulder

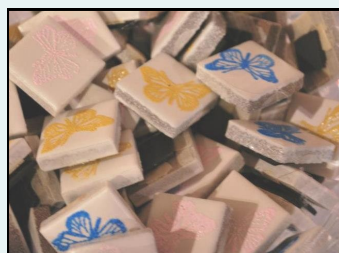
Items available for sale!

We will also be selling Official Compassionate Friends of Northeast Arkansas Tee Shirts!

Tee shirts cost \$12 for sizes up to 1X,



Back of tee shirt



Magnet Tiles stamped with blue, pink and yellow butterflies !

50 cents each

Blue, plastic bracelets with the words,

"Forever in My Heart"

\$2.00 each





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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

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 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 Toni Baker, chapter leader

2703 Stonegate Drive, Paragould, AR 72450

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 _____

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



The Compassionate Friends of Northeast Arkansas

2703 Stonegate Drive

Paragould, Arkansas 72450

Address Service Requested