



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 September 11th, 2014 at 7:00 P.M. — 9:00 P.M.

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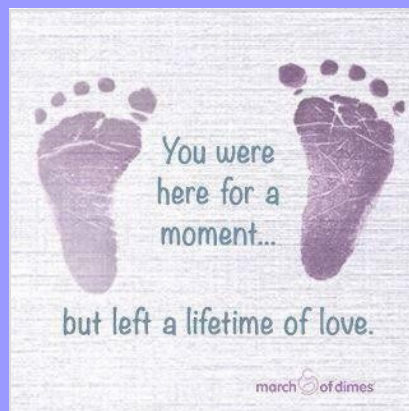
The Compassionate
Friends
State of Arkansas
Regional Coordinators
David and Dana Penn
870-759-1299
www.djdp32@hotmail.com



Angels in Heaven

October is Infant/Pregnancy Loss and SIDS Awareness month. Lets take some time to remember the babies who were born asleep, or whom we carried but never met, or those we have held but could not take home, or the ones who made it home, but didn't stay. Make it a priority to contact someone you know who has suffered the loss of a baby; call them, or send a card, or visit. Baby loss is often a taboo subject. Break the silence.

In Memory of all lost angles



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!

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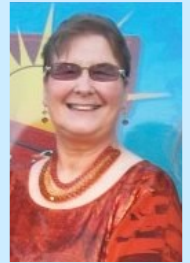


Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

Note from our Chapter Leader, Toni Baker

Oh my favorite season is here. Fall is so beautiful – the awesome colors and the cool breeze. What a refreshing feeling!

October we will be having Annual “The Walk To Remember” and “Family Picnic” on Saturday, October 25th. We will start gathering around 12:30 so we can get all signed in, pick up your t-shirts if you ordered one (we may have a few extras to purchase) or you can still call me and place your order by October 9th. I hope to see you all there! What a great way to share a memory of your child, grandchild or sibling than to gather with others traveling this long journey. WE NEED NOT WALK ALONE!! See the poster in the newsletter. RSVP please.

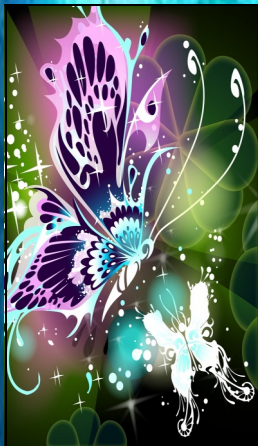


We are also in the process of updating our records with your correct information and we NEED YOUR HELP PLEASE!! Please send me an email with your full name, child’s full name, birth and death date, address and city/state, email address and a brief summary of what happened to your child if you would like to share. We want to keep you updated on events and meetings and we encourage you to join us.

We will be holding our Annual Candle Light Service on Sunday, December 14th at 6:30pm at Southside Community Church CONFERENCE Room – up the hill from the church (2211 Jones Road, Paragould, AR). This is worldwide and all the way around the world at 7pm the light of our children will shine. Invite your family members and anyone else who have lost a child, grandchild or sibling. We will not have a monthly meeting in December.

Looking forward to seeing you Thursday, October 9th from 7-9pm. If anyone would be willing to bring treats please let me know. Thanks!!

Love and Hugs!! *Toni*



We'd love to have your feedback!

Join Us on Facebook!
<https://www.facebook.com/groups/tcftcfonea/>

Join Us on the Web!
tcfofnortheastarkansas.weebly.com

Our next 3 Meetings!
October 9, 2014
November 13, 2014
World Wide Candle lighting
December 14, 2014

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, please contact me at:
linda@thelenoxfamily.com



Healing Hearts Newsletter of The Compassionate Friends of Northeast Arkansas

Our regular meeting will be on October 9, 2014 at 7:00 P.M.

Upcoming Events:

October →

On October 25th, we will sponsor our 2nd annual "Walk to Remember," and family picnic. The event this year will be at the Crawley's Ridge State Park, in the large pavilion by the swimming lake. The Compassionate Friends of Northeast Arkansas will furnish bar-b-que sandwiches, baked beans, drinks, and paper plates and eating utensils. We ask that attendees bring a covered dish or desert to share with the group. We will also furnish signs on which our lost loved ones names can be written, and carried on the "Walk to Remember" around the lake. If you cannot manage the walk, someone will be happy to carry your sign. Because this is not a regular meeting, children are welcomed, and there is a playground at the park. This event will be rain or shine; the pavilion is covered. If it looks like rain, you can bring a umbrella. We will have a door prize and several items to sell. For more information, call Chapter Leader, Toni Baker: [870-476-6025](tel:870-476-6025)

November →

In November, we will have our regular meeting on November 13th at 7:00 P.M.

December →

On December 14, the second Sunday in December, The Compassionate Friends of Northeast Arkansas will sponsor our chapter's World Wide Candle lighting. The event is a very beautiful and moving tribute to the children of any age, all over the world who have died "Too Soon."

Last year the event, which would have been the second annual Candle Lighting for our chapter had to be canceled because of dangerous, icy roads. The lighting of the "Five Candles" will begin promptly at 7:00 P.M., all over the world, so that there will be light from the lit candles for 24 hours. We need for you to be at the conference room of the Southside Community Church at least by 6:00-6:30. We will add the names of your children, grandchildren and siblings to our scroll to be read aloud on stage. We will also have a table on which you can display your loved one's picture, if you wish. We will have music and poems as part of the program.

Refreshments will be served after the candle lighting, and there will be a door prize. For more information, call or email Chapter Leader,

[Toni Baker:870-476-6025](tel:870-476-6025) or [baker er2205@msn.com](mailto:baker_er2205@msn.com)

Last Saturday, September 20th, several members of our chapter attended the Balloon Release and Walk to Remember sponsored by The Compassionate Friends of Lawrence County. As always it is a beautiful event. Thank you, Dana and David Penn for inviting us. The event was held in Walnut Ridge, AR, at the Beatles on the Ridge celebration.





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



THE COMPASSIONATE FRIENDS
**Walk to
Remember**



**Sponsored by TCF of Northeast Arkansas
After our walk we will socialize with a Family Picnic!**

WHEN: Saturday, October 25th

**WHERE: Crowley's Ridge State Park,
Pavilion by the lake**

**TIME: 12:30pm Walk: 1:30
and eat after walk**

**ANYONE who has lost a child, grandchild, or a sibling of any age or
cause is more than welcome to join us and meet others traveling
this long grief journey!!**

We STRONGLY ENCOURAGE you to join us.

**Meat, Buns, Baked Beans, Drinks and tableware is all
provided. Please bring a covered dish or dessert.**

FOR OUR CHILDREN GONE TOO SOON BUT NEVER FORGOTTEN!!!



The worst pain a mother can go through
is having to give her blessing back
to Heaven...



Forever In My Heart

You are forever in my heart
The day will come, I know
When all the rain has fallen
And the sun begins to show

I'll think of you in all I do
Your warmth will touch my face
You'll twinkle in the starlight
And be held in each embrace

So please do not be saddened
If a tear for you I shed
But we had dreams and wishes
Which I'll safely keep instead

Although it hurts, I understand
You'd somewhere else to be
Our time together has not passed
You'll always be with me

In every day, in every way
You'll always be a part
My precious little angel
You're forever in my heart

Y's Wish

How to Talk with the Bereaved

Someone who you care about has lost someone that they love. You want to be supportive but it is hard to find the right words. This can lead to saying nothing which is often more painful than anything.

Focus on showing love not wisdom.

1. **Say** "I can't imagine how you are feeling. I am here to listen"
Instead of "I know how you feel"
2. **Say** "It is okay to feel what you are feeling"
Instead of "They wouldn't want you to be sad"
3. **Say** "I am here to listen for as long as you need"
Instead of "You need to move on"
4. **Say** "What is your loved one's name"
Instead of "What was your loved one's name"
5. **Say** "Please share your feelings and memories"
Instead of "Just try to stop thinking about it"
6. **Say** "I know how much you miss them here"
Instead of "They are in a better place"
7. **Say** "Grief takes work, but do it your way"
Instead of "Give it time, it will get better"
8. **Say** "I know that missing them will be forever"
Instead of "Time to get over it"
9. **Say** "You know yourself best"
Instead of "You need to...; You should...; You have to..."

Say "I don't know what to say."

Instead of NOTHING

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-Tanya Lord

www.TheGriefToolbox.com

www.facebook.com/grieftoolbox



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.



Aidan Donnelley Rowley

My Miscarriage: The Story I Will Keep Telling

October 17, 2005. A Monday. Seven years ago. We went to Husband's college over the weekend to watch a soccer game. I sat in the stands, rubbing my belly, drinking in the fall air, dreaming of one day bringing our child back there to the bucolic green campus of Daddy's alma mater. My sister's baby shower was the day before, and I had watched as she opened gifts, my own secret still safe. I smiled the whole time, imagining what my own shower would be like. The next day, Husband and I took a cab to the East Side. We waited in my O.B.'s office. We flipped through magazines. We were called back. I peed in a plastic cup. Undressed. Slipped into a cotton robe. The doctor squeezed clear jelly into the palm of her gloved hand and rubbed it over my middle, pale and rounding already. She placed the wand near my belly button and squinted at the screen, at the little shape.

I no longer see a heartbeat, my doctor said.

*She told me I could wait to bleed or have a surgical procedure. The thought of waiting broke my heart even more, so that afternoon I travelled to Mount Sinai Hospital. I put on another gown. A kind nurse whose face I cannot remember asked how far along I was. *Eleven weeks*, I said, all business, my eyes dry. In the operating room, I lay flat on the table. Creatures in scrubs scurried about. As the anesthesia began to work, my doctor held my hand in both of hers and looked at me. She mumbled something kind, something wonderful, something I can't recall. And everything went black.

*

At home, I climbed into bed. I was crampy. I cried. And cried some more. I ate a tuna sandwich because I could. *Now I can*, I thought. Mom was at work. She couldn't leave. But Dad came over. He didn't know what to say. There was nothing to say. Maidy-Bunks. My Maidy-Bunks, he crooned, his mustache quivering. I heard Husband in the other room. He was on the phone with his parents. *We lost the baby*, he said, his voice cracking. He was sobbing. He went to my computer and unsubscribed me from my BabyCenter emails, but in a cruel twist, they still arrived week after week. *Your baby is now the size of a plum. An orange. A melon.*

I cried. And cried some more. The pathology report came back. *Chromosomal abnormality*, my doctor said. I learned that it was a girl.

*January 1, 2007. Mount Sinai Hospital. My beloved doctor returned from the Galapagos just in time to deliver my first baby, a healthy girl who was almost three weeks early. Indeed it was a new year.

October 19, 2008. Baby #2 arrived. Another girl. She looked just like her sister. I gave her my Dad's name as a middle name. He had died months ago.

March 6, 2011. We welcomed our littlest. I wrote words from my hospital bed, knowing that this was likely my last time.

*October 17, 2005. Seven years ago. And, yes, I have moved on. I have moved on to three beautiful, tricky little girls and one beautiful, tricky life. But you know what? That day happened. And it hurt like hell. It was the first really bad thing that ever happened to me, the first dose of crippling sadness and pain. And I remember it. And I want to remember it.

Now I know. Now I know this happens to so many of us. That we lose heartbeats, lives. That it is common. Most people I know have suffered this kind of loss. But that doesn't make it any easier when it happens. No, the pain is profound. And when we feel this pain, when it grips us, statistics mean nothing.

A month or so after, I remember sitting outside at Ocean, a restaurant in our neighborhood. My husband and I were having lunch and I couldn't focus. I watched the strollers glide by, attached to smiling moms. And I hated them, these moms. I hated them because they had what I so desperately wanted.

But now I realize that what we see is never the whole story. When people see me skipping down the sidewalk with my silly girls, they do not know that I lost my first baby, that I cried for months, that I would go on to suffer multiple chemical pregnancies before welcoming my first child. They do not see the pain that still lingers in my cells and in my soul, a faded pain yes, dulled by the miracle of time and little girls, but a permanent pain.

I wish more of us would tell our stories. Our stories of longing, of loss. I know they are not happy stories, but hard ones. But I really think these stories would have helped me seven years ago on that October morning when a little screen spelled the end, when it all went black.

And so. Even though time has passed, I will keep telling my story. Because, maybe just maybe, someone will read it and it will help a little.

That's my hope.

Have you suffered a miscarriage? How often do you think about your loss(es)? Do you agree that it is important to share these stories? Are you willing to share your story here in the comments?



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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 child 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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no longer wish to receive this newsletter.
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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

IN MEMORY OF (state relationship)_____

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Complete mailing address: _____

We truly appreciate your love gifs.

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!!**