

SOUTH CENTRAL ARKANSAS BEREAVED PARENTS USA  
P. O. BOX 23044 HOT SPRINGS, AR. 71913  
CHAPTER WEB SITE [www.bereavedparents-scac.org](http://www.bereavedparents-scac.org)  
NATIONAL BP/USA P. O. BOX 95 PARK FOREST, ILL. 60466 708-748-7866  
NATIONAL WEB SITE [www.bereavedparentsusa.org](http://www.bereavedparentsusa.org)  
MEETINGS FIRST TUESDAY OF EACH MONTH



South Central Arkansas BP/USA will meet on Tuesday September 2, 2008 at The Church at Crossgate Center at 3100 Grand Ave. Hwy 70. Sign-in begins at 6:00 pm and meeting begins at 6:30- 9:00.

Refreshments will be provided by Kathy Irwin



#### DONATIONS

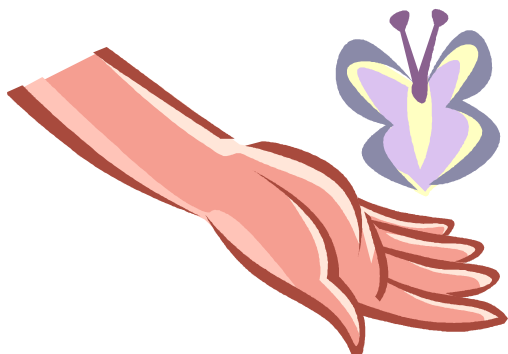
You can make a love donation in the memory of your loved one for any amount. This donation will be used to help the local chapter with expenses of printing and mailing the newsletters, special events, paper supplies, and other chapter essentials. All donations are tax deductible.

#### CAN I HELP MY CHAPTER?

Yes, you can. How, you ask? By volunteering! But I don't have a talent. Volunteers only need a willingness to help. You can help set up for meetings if you can arrive a little early on meeting night. You can help clean up after a meeting. You can bring a snack or drinks. Donate a poem, or personal writings about your grief journey, or give a book review on a book you've read on grief or one that has helped you. Any help will be appreciated.

#### Welcome Newcomers

It is very difficult to attend your first meeting. It hasn't been that long since the rest of us attended our first meeting. Maybe bringing a friend along will help you to make that first meeting. Another reason some people put off attending is they think all we do is sit and cry. Well, we do cry some. But we laugh, celebrate, and remember our beloved children. We have discussion topics to educate ourselves about grief, also.



#### Library New

While at the ST. Louis National Gathering in July the chapter bought several books to add to our collection. Your chapter leader read the following book that has been added to the library.

HELLO, FROM HEAVEN! By Bill & Judy Guggenheim.

This book is a series of uplifting testimonies about After Death Communication experiences by numerous individuals, some which are bereaved parents. Whether you are a believer in ADE's or not, you will at least have reason to pause, or maybe even learn you have had an ADE and didn't know it. This book might not be for everyone but I received comfort from these stories

#### FIRST ANNUAL FAMILY PICNIC

On Saturday, October 4, 2008, starting at 11:00 am, we will have a family picnic at Entergy Park, 530 Lake Park Drive, in Hot Springs. Meet at Pavilion 1. The chapter will provide hamburgers, hot dogs, drinks, and water. Please bring a complimentary dish to feed 10 people to share with others. Please send an e-mail to [lynnbat@hotmail.com](mailto:lynnbat@hotmail.com) or call 501-939-2275 to tell us how many people in your family will be attending so we will have plenty of food. Also bring along any yard games, chairs, fishing equipment, ice chests, and items normally used at a picnic. There will be a drawing for a door prize.

Having a difficult day? Need someone to talk to?

Ray & Linda Bates 501-939-2275 Child with multiple disabilities

Mike & Diane Rima 501-525-1099 car accident

Peggy Richardson 501-332-3087 car accident

Need more than one meeting a month

Central Arkansas Bereaved Parents- meets the third Monday of the month 7-9pm at the Church of the Nazarene on 1200 North Mississippi L.R.



I'm Fine... and Other Lies!!!

By Russell Friedman & John W. James of The Grief Recovery

A common thread running through the previous six articles we have written is the misinformation we were all subjected to about processing the normal emotions caused by loss. We do not want to create any new loss issues by blaming our parents in particular or society in general for having passed on ineffective ideas, skills, and tools for dealing with loss. All we want to do is help establish that we have been using to process our sad, painful or negative feelings hasn't worked, and that we need to acquire more effective tools for dealing with loss events.

Much of the incorrect information we learned and practiced may have convinced us not to show our REAL feelings at any cost. We were taught to bury any feelings that dealt with sadness. We were taught: "Laugh and the whole world laughs with you, cry and you cry alone". This and hundreds of other clichés about dealing with sad feelings taught us to lie about how we felt. And even the lying was protected under other mis-information like: "don't burden others with your feelings."

When we make public appearances we often ask a large audience this question: "Do you like being lied to?" Of course no one says yes. Our next question is: How many of you have ever said 'I'M FINE' when you were feeling terrible?" Every single hand in the audience goes up. Conclusion: Nobody likes being lied to...and everybody lies about their feelings. If this were a physical illness it would be an epidemic and the Center for Disease Control would be granted billions of dollars to find a cure.

Every time we lie to others we lie to ourselves. Our subconscious mind hears the lie and continues to bury the feelings generated by the initial event. Unresolved losses are cumulative, and cumulatively negative. Time does not heal the pain caused by loss and neither does lying about our feelings

It would be impossible to cure such a massive problem in a single column, but let's try for a little bit of recovery. Allow yourself to believe that the subconscious will take actions based on conscious commands. When we lied and said we were fine we told it that there was no problem so it need not search out a solution. The net effect is to allow the cause of the problem to go unattended and re-bury itself. The next time it attacks we may not be able to recognize the cause or source of the attack.

A major key to recovery is to process every feeling in the moment you have it. It does not require any special skills to tell the truth about what you are feeling. For example: "how are

you?"... I'm having a tough day, thanks for asking." Notice that the answer is truthful but does not invite any help or advice. It also has the capacity of serving notice that you are not on your game and the other party can respond accordingly. When you say "I'm fine," but you're not, you have sent a very confusing message.

Question: Sometimes I tell people "I'm fine," and they don't believe me. "Why not?"

Answer: Approximately 20% of your ability to communicate is verbal, leaving about 80% as non-verbal. Non-verbal communication includes tone of voice as well as facial and body signals. When our verbal and non-verbal signals do not match, most people will respond to the non-verbal. So when you lie, most people can SEE it.

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**The Keeper of Time**

You make friends because you have things in common.

We are friends because of our children.

The older ones; the younger ones, the ones who never had a chance to breath.

They are our reasons for being,  
Our heartbeats, our life's blood.

Whether we have lots of memories or only a few,

We are joined by an unbreakable bond.

We are the ones left behind to remember and carry

The torch for those we remember so lovingly.

We are there for ourselves and each other

Because we understand the pain of loss.

We must also be there for those

Who, unfortunately, join our ranks.

Because we are parents of lost children,

The bruised hearts, the keepers of memories.

By Cheryl Pelleiter

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I want to leave you something,

Something much better than words or sounds.

Look for me in the in the people I've known and loved or helped,

In some special way.

Let me live in your heart as well as your mind.

You can love me most by letting your love reach out to our loved ones,

By embracing them and living in their love.

Love does not die, people do.

So, when all that's left of me is love,

Give me away as best as you can.

UNKNOWN

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**A Grandfather's grief**

If you are a golf fan, you may have been aware of the story behind this year's (05) August National Golf Cub tournament.





## OUR CHILDEN REMEMBERED

Lori Elizabeth Allen  
11/25/1983 04/12/98  
Daughter of Kathy Allen

Tasha Brewer  
04/05/92 06/06/07  
Daughter of Kim Brewer

Sheri Breashers  
05/31/72 08/16/07  
Daughter of Jim & Sharlene Breashers

Edgar Chapman, Jr.  
08/05/81 10/06/05  
Son of Charolette Green

Richard Crook  
05/07/71 02/21/07  
Son Marie Ballentine

Robert Jon Everright  
05/08/81 04/16/05

Roger Allen Huchingson  
11/06/81 10/29/99  
Son of Rogie & Sandra Huchingson

Stacie Nichole Kitchens  
08/28/84 08/23/01  
Daughter of Ray & Bates

David Terrell McCallum  
04/13/85 09/26/02  
Son of Robert & Diann McCallum

Sara L. Phillips  
07/15/77 10/06/05

Ryan Richardson  
11/19/86 10/01/05  
Son of Jim & Peggy Richardson

Corey Roberson  
05/15/82 02/03/85

James Robinson  
07/31/83 02/03/85  
Sons of Faith Robinson

Stacey Deann Rima-Cannon  
04/03/77 04/18/02  
Daughter of Michael & Diane Rima

SPC Donovan Witham  
11/07/86 08/21/07  
Son of Martha Launius

Sky Osean  
10/23/98 07/17/07  
Son of Yolie Ludacka

Chase White  
03/27/88 03/04/2005  
Daughter of Linda K.White

Mitch Holt  
02/01/83 07/21/07  
Son of Joye Holt-Howard

Madison Hoover  
10/10/06 04/21/07  
Granddaughter of Michelle Hoover

Ashley Jo Ellen Anderson  
James "Jamie" Taylor  
09/06/73 02/27/07  
Son of Gary & Bobbie Taylor

Nathanielle Allen Dubriske  
08/21/96 02/16/08  
Grandson of Cecil & Doris Jones

Mathew Towell  
04/25/90 1/19/05  
Son of Sherri Towell

Fiona Douberly  
5/01/02 5/10/08  
Daughter of Ali Christian & granddaughter of Vicki & Jack Hill

Skye Beauford  
5/20/80 1/27/07  
Daughter of Toni Ella Smith

If you'd like your child or sibling remembered on this page, please send his or her name, age, and dates to: South Central Arkansas Bereaved Parents USA P.O. Box 23044 Hot Springs, Ar. 71913

### HE TAKES ONLY THE BEST

A heart of gold stopped beating  
Two shining eyes at rest  
God broke our hearts to prove to us  
He only takes the very best.  
Little did we know that morning,  
The sorrow the day would bring,  
The end was sudden, the shock severe.  
We never knew that death was so near,  
When days are sad and lonely,  
And evening shadows fall,  
We hear your voice and see your face.  
Your sweet memory lingers on,  
God knew you had to leave us.  
But you didn't go alone.





## **A WORD OF SPECIAL THANKS TO THE CHURCH OF CROSSGATE CENTER**

The Church at Crossgate provides us with a room for meeting as well as allowing us to use their copy machine to do our monthly newsletter. We appreciate Crossgate for their continued support, prayers, and facility for South Central Arkansas Bereaved Parents USA.

## **OUR CREDO**

**We are the parents whose children have died. We are the grandparents who have buried grandchildren. We are the siblings whose brothers and sisters no longer with us through life. We come together as Bereaved Parents of the USA to provide a haven where all bereaved parents can meet and share our long and arduous grief journeys. We attend monthly gatherings whenever we can and for as long as we believe necessary. We share our fears, confusion, anger, guilt, frustrations, emptiness and feelings of hopelessness so that hope can be found anew. As we accept, support, comfort and encourage each other, we demonstrate to each other that survival is possible. Together we celebrate the lives of our children, share the joys and triumphs as well as the love that will never fade. Together we learn how little it matters where we live, what our color or affluence is or what faith we uphold as we confront the tragedies of our children's deaths. Together, strengthened by the bonds we forge at our gatherings, we offer what we have learned to each other and to every more recently bereaved family.**

**We are the Bereaved Parents of the USA**

South Central Arkansas BP/USA

We are a chapter of the National Bereaved Parents Of the USA. We meet on the first Tuesday of each month. We are a non-denominational group that welcomes everyone regardless of race, religion, and creed. ALL ARE WELCOME! We meet in room 3215 on the second level of the building. The elevator is located on the right wall behind the information desk as you enter the front doors. We have sign – in at 6:00pm with light refreshments since so many of us come straight from work. We start our meeting at 6:30 and end at 8:45. Feel free to arrive at anytime as we are a very informal group.

Up coming events are: First Annual Picnic September 27, 2008 at 11:00 am at the Jack Stephens Park at Blakley Dam, Mountain Pine, Ar. Volunteers needed just e-mail [lynnbat@hotmail.com](mailto:lynnbat@hotmail.com) or call 501-939-2275.

Candle Light Ceremony to honor the memory of our beloved children on December 2, 2008 at 6:30pm at The Church at Crossgate Center. Refreshments to follow ceremony.

## **DONATIONS**

These families made contributions in August.

Ray and Linda Bates in memory of Stacie Nichole Kitchens.

Mike and Diane Rima in memory of Stacey-Rima-Cannon.