



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

April, 2017

To all those newly bereaved, who are receiving this newsletter for the first time and to all our Compassionate Friends, we wish you were not eligible to belong to this group, but we want you to know that you and your family have many friends. We, who received love and compassion from others in our time of deep sorrow, now wish to offer the same support and understanding to you. Please know we understand, we care, and we want to help. You are not alone in your grief.

Meetings are held the 1st Monday and 3rd Wednesday of each month at the Aldersgate Methodist Church, 235 Park Street, North Reading at 7:30 P.M. We are a self-sustaining organization with no funds except what we receive through donations from members and newsletter recipients. Please join with us at a meeting.

Grief support after the death of a child

The Compassionate Friends is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. There is no religious affiliation and there are no membership dues or fees.

The secret of TCF's success is simple: As seasoned grievers reach out to the newly bereaved, energy that has been directed inward begins to flow outward and both are helped to heal.

The vision of The Compassionate Friends is that everyone who needs us will find us and everyone who finds us will be helped.

National Office:

The Compassionate Friends, Inc.
P. O. Box 3696
Oak Brook, IL 60522-3696
Toll-free: 877-969-0010
PH: 630-990-0010
FAX: 630-990-0246

www.thecompassionatefriends.org



Upcoming Meetings

Our next chapter meetings will be held at 7:30 PM on:

Monday - 4/3/17
Open Sharing Session
Facilitated by:
David D. & Reenie

Wednesday - 4/19/17
Precious Memories
Facilitated by:
David P. & Debbie
-and-

Sibling Group

New Dynamics with Our Parents
Facilitated by:
Vanessa & Chanel

Chapter Leader: David Paul 978-771-6345
Newsletter Editor: Debbie Daly 978-988-7933
tcfnoshorenews@gmail.com

Regional Coordinator: Tom Morse 508-572-3038
Tjmorse521@gmail.com



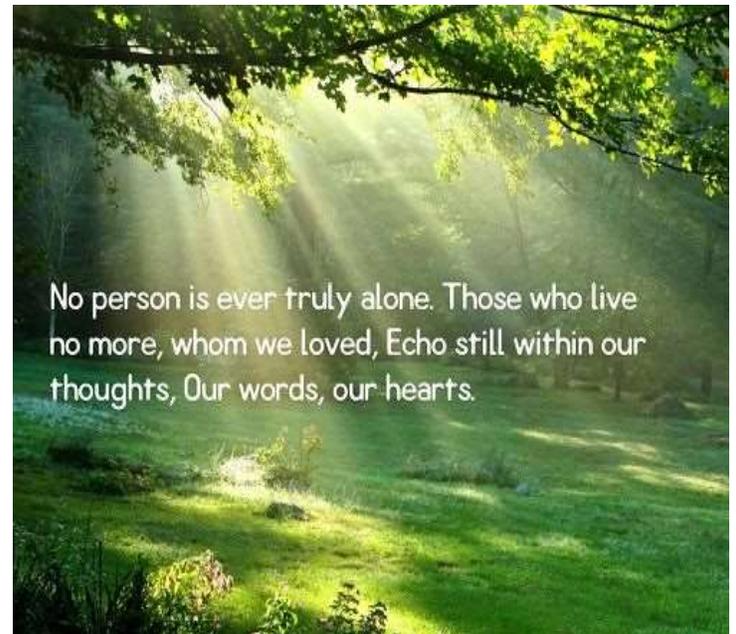
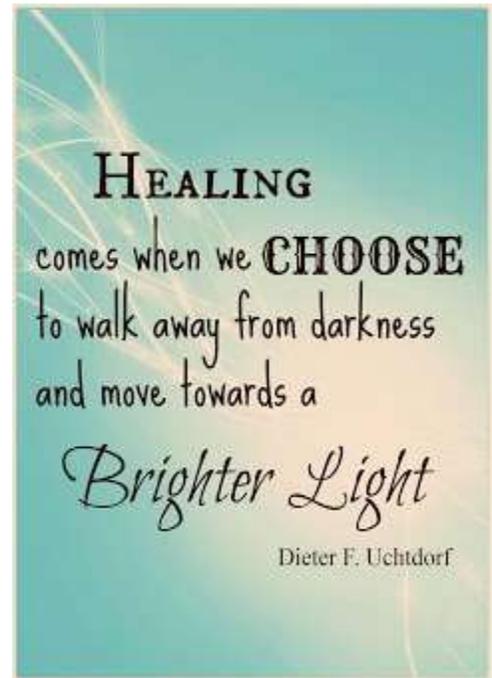
The April Website is sponsored

In memory of

RYAN J. GILLIGAN

*I try not to think of you as gone
But instead on a new glorious
journey beyond this life
Free from the struggles
and pain of this world
In a place of warmth and comfort
And I think of you as living
in the hearts of those you touched
For nothing loved is ever lost
and you were loved so much*

*Missing you on this 5th Anniversary
and your 27th Birthday!
Love, Mom*





2017 TCF National Conference

Orlando, Florida, will be the site of the 40th TCF National Conference on July 28-30, 2017.

The Chapter would like to support our members who would like to attendance by offering conference scholarships for members interested in attending.

Submit the application form included in this newsletter via email to vanessascioli@yahoo.com by June 23, 2017.

Please note this is first come first serve, and there is a limit of 20 scholarships that will be awarded.

A Wish Come True

*If I could have a wish come true,
A dream that'd come to pass,
I'd ask to spend a day with you,
And pray that it would last.*

*I'd run to you and hold you close,
We'd laugh and smile again,
I'd listen so intently,
As you told me how you've been.*

*When time was up I'd hold you close
Not wanting to let go
You'd smile and tell me, 'See you soon'
And somehow I would know*

*That while it's very hard to wait,
One day the time will come,
I'll join you there forevermore,
When I too am called Home*

*My wish may go ungranted
But it always will be true
I'd trade many of my tomorrows
For one yesterday with you.*

—kp © 2013

Out of the Ashes/TB

Don't cry mum please don't be sad
Think back to the fun we had
Don't cry mum please don't be blue
You cannot see me but I see you

I walk beside you everyday
I never really went away
I am with you morning noon and night
When you are sad I hold you tight

Don't cry mum I am ok
And we will meet again some day
One day when the time is right
I will be waiting in the light

But you have a life to live
So much love you have to give
Don't cry mum I love you so
More than you will ever know

Speak to me and I will hear
Never far I am always near
The bond we share was oh so strong
I am still here I have not gone

— John F. Connor

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Supporting Family After a Child Dies

Communication Corner

This portion of our newsletter is dedicated to our children and their various forms of communication to and with us, while on earth and after. We encourage you to submit something for this section, or to comment on a previous month's submission. Examples could be texts, letters, notes, picture along with description. You can also submit poems to or about your loved ones and these are used throughout the newsletter. Please email: tcfnorthshorenews@gmail.com

Submitted by Anita Brewer-Siljeholm

Anita provided a personal response to the movie, *Manchester by the Sea*.

I grew up in Manchester by the Sea and returned to live there as a parent with my husband and two children. One morning, shortly after we moved back, my beloved son died in a devastating accident where I was present and involved, responsible and helpless. To me, the new movie called *Manchester by the Sea*, placed in this town, is profoundly accurate and unerringly acted. The emotional and physical landscape is excruciatingly familiar, and I find a strange comfort in it, even in the undercurrents of humor throughout the film. I am not the story, and my particulars vary from it, but I recognize the respect for where I've been and what I've seen.

Almost since my son died I have read The Compassionate Friends/North Shore newsletter eagerly every month. Although I've attended only one meeting, I feel indebted to those who write - Carmen, Mariann and others writing in different parts of the country. They express beautifully the possibility of both feeling our sorrow and yet living through the worst moments. Compassionate Friends try very hard to assure us that in the end we will find peace and new forms of joy. A child's death is never forgotten or fully overcome; yet, in time we will be able to resume daily life intact. For many years I have benefited from reading such stories in the CF newsletter. But this movie completes the picture for me.

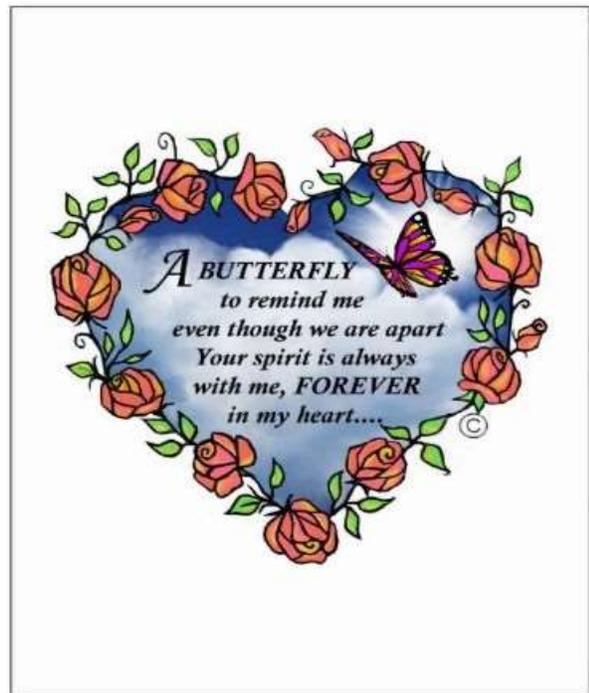
Parents are fallible; and patient forgiveness is not always the right answer. To suggest it is has always struck me as disingenuous. When a simple habit unexpectedly destroys what you hold most sacred – one essence of tragedy – you question the foundation of your life.

MBTS is about what it's like to try to live with responsibilities after wounds so deep.'

Signs from Your Loved Ones

01. Lingering, Birds, Butterflies, Dragonflies, Atypical Animal or Pet Behaviors
02. Coins, Feathers, Special Stones in Your Path
03. Displaced Objects in Your Home or Personal Space
04. Songs Playing Repetitively, Repetitive "Coincidences"
05. Orbs, Shapes, Shadows
06. Familiar Scents (perfume, tobacco, foods, etc.)
07. Dreams, Messages, Intuition
08. Flickering Lights & Electricity
09. Sudden Energy / Temp Shifts
10. Unexplainable Breezes & Drafts

[facebook.com/meejohnpete](https://www.facebook.com/meejohnpete)



Our Children Remembered

April Birthdays

Dominic Cordima son of Tom and Mary Cordima
 James Steven (Jimmy) Corliss son of Linda Corliss
 John Arthur Driscoll son of John and Susan Driscoll
 Ryan James Gilligan son of Paula Gilligan
 Thomas "Scott" Gray son of Laura Gray
 Christopher J. Murphy son of Carolyn and Joseph Murphy
 Daria Elise Pearlman daughter of Jill Pearlman
 Mason Silva son of Alissa and Kevin Silva

April Angel Dates

Bryan Robert Cadigan son of Debbie Daly
 Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas
 Eric Hill son of Peggy & Tom Hill
 Ricardo Melo son of David and Theresa Melo
 Christopher W. Hentchel son of Melody Orfei and David Hentchel
 Mason Silva son of Alissa and Kevin Silva
 Alexander John Whipple son of Richard and Nancy Whipple
 Brian T Wilson son of Linda Wilson

As a regular feature, the newsletter is used to acknowledge the Birthdays and Anniversaries of the death of our children/siblings at the request of parents/siblings. Permission must be given for us to print your child's name. For privacy reasons we do not print dates. You only need to give permission once and we will keep it on record.

Childs Name: _____ Birth Date: _____ Angel Date: _____

Parents: _____

Send to: Cindi Bolivar, 28 Colburn Road, Reading, MA. 01867

Note: If your child's information is missing or not correct please send the correct data to be posted in the next edition to: tcfnoshorenews@gmail.com

	<p>Our telephone friends are here to help you if you feel the need to connect with someone outside of our usual meeting night. We are not professionals – we are all bereaved parents seeking to find a way through our grief.</p> <p>Please be considerate in the timing of your calls to these volunteers.</p>	
Beverly	Carmen Pope, infant son, anencephaly; 11 year old son, boating accident	978-998-4087
Billerica	Jeff Moore, son 17, moped accident	978-663-8539
Lynn	Pat Karakashian, son, 29, drug overdose	781-593-5875
Malden	Marnie Smithers, son 13, ATV accident	781-322-1722
North Andover	Catherine Olson, daughter, 27, pedestrian accident	978-681-8341
Wilmington	Debbie Daly, son 33, melanoma (skin cancer)	978-988-7933
Reading	Reggie & Cindi Bolivar, son 22, automobile accident	781-944-0016
Winchester	Reenie McCormack, son 20, drowning	781-729-1878
Gloucester	Melinda & David Paul, daughter, 20, sudden cardiac arrest	978-771-6345

Love Notes



Love Notes are a way to share a message in memory of your child/grandchild/sibling. Donations received with Love notes help with the cost of publication of this newsletter.

Please send your Love Notes with donation by mail to **TCF North Shore- Boston Chapter, P.O. Box 4284, Peabody, MA 01961-4284** (do **NOT** send them to the editor), or give them to the leader at the monthly meetings. Please use the form below to assure notes are posted exactly as you want them. Love Notes for the April newsletter must be received by the 15th of April.

Love Gifts for future dates may be sent at any time; month to be published: _____

Love Gift from _____ In memory of _____

Message:

Thank you to all who continue to leave donations in the box at every meeting



Bryan Robert
My one and only son,
I think of you every second of every day
and always will
Love you More!
Love Mom

National Conference Scholarship Application

Last Name	First Name	Relationship to Child	
Street Address	City	State	Zip Code
E-Mail Address (please print clearly)		Preferred Phone Number	
Full Name of Child / Grandchild / Sibling		Boy/Girl	
Age	Date of Birth	Date of Death	
Cause of Death (optional)			

How long have you been a part of TCF?

First, thank you for your interest in applying for this scholarship. Our chapter supports your attendance, and hopes for you to have a positive experience in Orlando!

Requirements: Applicant is to complete this form in its entirety. Upon returning from the conference, we ask you to do 2 things as a result of receiving the scholarship.

First, submit proof of attendance (flight or hotel receipts, or registration confirmation). Secondly, either write about your experience, and publish it in the newsletter, or speak about your experience during a chapter meeting.

Deadline to Submit Application:

Via email to vanessascioli@yahoo.com is Friday, June 23, 2017

Please Note: This is a reimbursement, and first come, first serve program. Our chapter will provide a maximum of 20 scholarships. The chapter will provide reimbursements after the conference dates. However, every applicant who does apply will know before they attend how much money they will receive upon returning. Total scholarship funds to be divided is \$2,000, which will be divided evenly by awardees. There is a limit of one applicant per family. (i.e. if 20 applicants/families submit an application, they will receive a scholarship in the amount of \$100, which covers one adult, or 2 child registration fees).

Please contact Vanessa Santosuosso at either vanessascioli@yahoo.com or 806-543-7147 with any questions you may have. Thank you!

TO OUR NEW MEMBERS

Coming to your first meeting is the hardest thing to do. Try not to judge your first meeting as to whether or not TCF will work for you. The second, third, or fourth meeting might be the time you will find the right person or just the right words that will help you in your grief or comfort you. Remember we have all been there and even though circumstances may be different, we really do understand. You are not alone.

TO OUR SEASONED MEMBERS

We need your encouragement and support. You are the string that ties our group together. Each meeting we have new parents. Think back.... remember hearing from others farther along than you...“your pain will not always be this bad it really does get better” Come to the meetings and share your wisdom. Show others that there is hope, from someone who has found it.

THE COMPASSIONATE FRIENDS

North Shore - Boston Chapter
P.O. Box 4284
Peabody, MA 01961-4284

RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



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NEWSLETTER –April, 2017



National Website: www.compassionatefriends.org

The mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

***** CHAPTER WEBSITE: www.TCFNoShore-Boston.org *****

Help us save money and paper.....

To receive these newsletters via email please send an email to the editor
tcfnoshorenews@gmail.com