



# *The Compassionate Friends*

## *North Shore-Boston Chapter*

### **Supporting Family After a Child Dies**

Newsletter

APRIL 2018

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 1<sup>st</sup> Monday and 3<sup>rd</sup> 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](http://www.thecompassionatefriends.org)

#### **Upcoming Meetings**

**Monday 4/2/18**  
Sharing Precious Memories

**Wednesday 3/21/18**  
Open Sharing Session  
And  
Sibling Group  
Secondary Losses

Chapter Leader: David Paul 978-771-6345  
[tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com)

Newsletter Editor: TBD  
[tcfnoshorenews@gmail.com](mailto:tcfnoshorenews@gmail.com)

*The April website is sponsored  
In Memory Of*

***TOM & CHRISTOPHER POPE***

*Though we know you are  
eternally with us in spirit,  
we will never stop yearning  
for your physical presence  
in our lives.*

*Miss you always . . .  
Love you forever . . .*

*Mom, Dad, Kelly, Dave*

## Our Children Remembered



Dominic Cordima son of Tom and Mary Cordima  
John Arthur Driscoll son of John and Susan Driscoll  
Ryan James Gilligan son of Paula Gilligan  
Thomas "Scott" Gray son of Laura Gray  
Adam Calogero Lavoie son of Fernand Lavoie and Joyce Calogero  
Christopher J. Murphy son of Carolyn and Joseph Murphy  
Daria Elise Pearlman daughter of Jill Pearlman  
Mason Silva son of Alissa and Kevin Silva



Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas  
Eric Hill son of Peggy & Tom Hill  
Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero  
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](mailto:tcfnoshorenews@gmail.com)

**Help Wanted:** We are, once again, in need of someone to produce the monthly newsletter. This may be the last issue until we can fill this position. This job may be shared by two or more people and training and guidance will be available. We need someone to put the newsletter "together" by gathering poems and stories and then sending it to a printer. This will take less than 8 hours per month. We have a volunteer who is doing the folding and hard copy mailing. If you are interested, please contact David Paul @ 978-771-6345 or [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com)

## A Name for My Pain

I have given a name to my pain—  
it's called "Longing."  
I long for what was,  
and what might have been  
I long for his touch and smell of sweat;  
I long to hold him one more time.  
I long to look on his beautiful face  
and impress it upon my memories and heart.  
I long to return to the day before  
and protect him from his death.  
I long to take his place,  
so he may live and have sons too.  
I long for time to pass much faster,  
so my longing and pain will lessen.  
Will they?

June Williams-Muecke  
TCF Houston West, TX

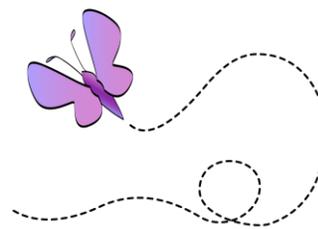


## You Did Not Die

You live in the beautiful wind that blows.  
You live in the sound of birds that crow.  
You live in the sun that shines so bright.  
You live in the peaceful dark at night.  
You live in a star I see in the sky.  
You live in ocean waves that come in with the  
tide.  
You live in the smell of flowers and grass.  
You live in the summer that goes so fast.  
You live in my heart that hurts so much.

You did not die, we only lost touch.

Shari Swirsky  
TCF Toronto, Ontario, Canada



## Catching Butterflies

It often hurt to come upon  
reminders of my son.  
Tho' often since I lost him  
I would search around for one.  
Which always brought on sadness  
and the tears that I would shed,  
were caused by names or faces,  
all things that I would dread.

But then one day I came upon  
a man who'd lost his son.  
I found that things I ran from,  
he wouldn't even shun.  
But rather he would treasure  
and I said I wondered why?  
He told me that he called them  
"Catching Butterflies."

This view of his intrigued me;  
I wanted to hear more.  
And learned that he took all of them  
and carefully would store,  
all of the reminders that  
I chose to push away,  
he would tuck deep down inside his heart  
each and every day.

Now a name or likeness  
when catching me off guard,  
does not upset me as it did  
and I don't find it hard  
For now instead I see these times  
as opportunities  
To see my son awakened in  
these new fresh memories.

Dottie Williams  
TCF Pittsburgh PA

	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. <b>Please be considerate in the timing of your calls to these volunteers.</b>	
Beverly	Carmen Pope, son, 3 days, anencephaly; son, 11, boating accident	978-998-4087
Billerica	Jeff Moore, son, 17, moped accident	978-663-8539
Gloucester	Melinda & David Paul, daughter, 20, sudden cardiac arrest	978-771-6345
Haverhill	Crystal Chambers, sibling, 28, cause unknown	508-523-2810
Lynn	Pat Karakashian, son, 29, drug overdose	781-593-5875
North Andover	Catherine Olson, daughter, 27, pedestrian accident	978-681-8341
Wilmington	Debbie Daly, son, 33, melanoma (skin cancer)	978-988-7933
Salem, NH	Regan Burke, son, 8, pneumonia/cardiac arrest	603-264-9391
Winchester	Reenie McCormack, son, 20, drowning	781-729-1878
Woburn	Nancy Whipple, son, 22 months, cancer	781-938-5840

## SPRING'S TEARS

When the sun's sharp brilliance echoes in the luminescent blue  
 A grim, oppressive darkness stabs my aching heart anew.  
 Its golden glow upon my face, the warmth of winter's sun  
 Holds the promise of renewal when the icy months are done.

It is this vow of nature's of resurgence in the spring  
 That bows my head, and breaks my heart; unlocks my suffering.  
 For you will miss again the beauty of this time of year  
 The growing warmth, the sunny days when life will reappear.

For nature has no power over death that holds you still,  
 And though I know, I still resent spring's early daffodil.  
 Oh, would that I could speak to Mother Nature face to face!  
 To beg she work her magic on your lonely resting place.

Why can't it be YOUR rebirth when the gray, cold days are done?  
 Why mightn't YOU not live again to see spring's fresh new dawn  
 and feel the warmth of sunshine  
 relish in the greening earth...  
 to open arms, embracing life  
 why can't it be YOUR birth?

You were so young, your life so new when death crept in the door,  
 And in my grief, beloved child, I'll ask forever more  
 The reason why the earth's renewed when spring comes 'round each year  
 Yet in your grave you're silent still,  
 and I  
 condemned  
 am here.

Sally Migliaccio  
 TCF Babylon, NY  
 In Memory of Tracey



## Love Notes



*This section is reserved for personal messages in memory of our children, grandchildren, and siblings. Donations received help to cover the operating costs of the chapter; monthly meetings, refreshments, newsletter mailing, etc. While not expected, any donations are always appreciated.*

From Peggy Hill. In Loving Memory of Eric Hill, Always in my heart and on my mind - I love you to the moon and back! Xoxo Love, Mama

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

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 next newsletter must be received by the **15th of the previous month**.

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

Love Gift from \_\_\_\_\_ In memory of \_\_\_\_\_

Message: \_\_\_\_\_

\_\_\_\_\_

**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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*North Shore-Boston Chapter*  
Supporting Family After a Child Dies

**NEWSLETTER – APRIL 2018**



National Website: [www.compassionatefriends.org](http://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](http://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](mailto:tcfnoshorenews@gmail.com)