



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

August, 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 - 8/7/17

Men's Group

Facilitated by:

David P.

-and-

Women's Group

Facilitated by:

Regan

Wednesday - 8/16/17
Open Sharing Session

Facilitated by:

TBD

-and-

Sibling Group
Finding A New "Normal"

Facilitated by: TBD

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



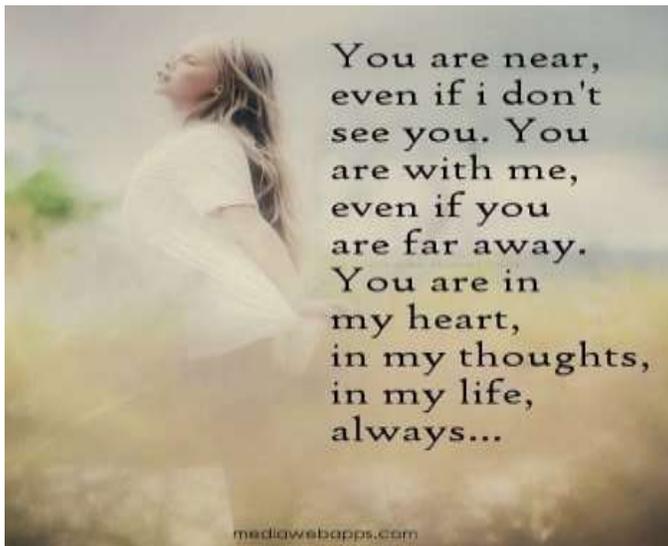
The August Website is Sponsored

In memory of

BRIANNA PAUL

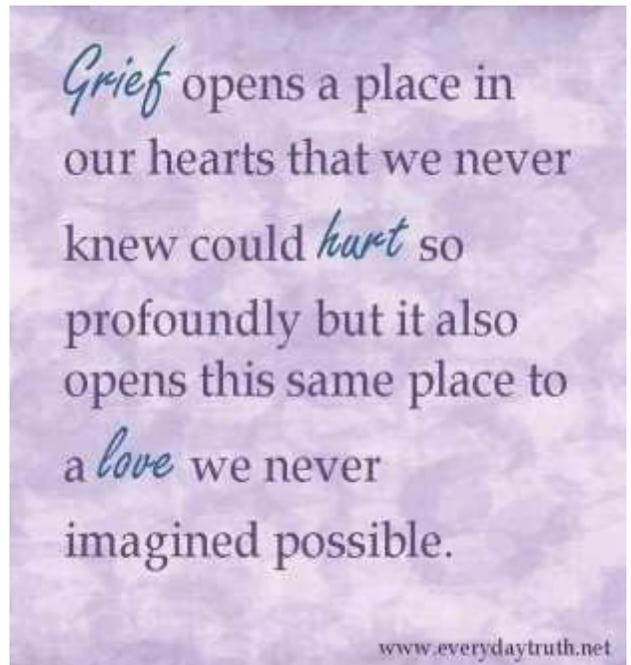
*A flower in your hair,
the sun on your face,
head tilted to the side,
eyes open wide
and you whispered,
'let's go on a adventure "*

*Love and miss you Bee Bee
Mom, Dad, Erin and Eden*



You are near,
even if i don't
see you. You
are with me,
even if you
are far away.
You are in
my heart,
in my thoughts,
in my life,
always...

mediawebapps.com



Grief opens a place in
our hearts that we never
knew could *hurt* so
profoundly but it also
opens this same place to
a *love* we never
imagined possible.

www.everydaytruth.net



*"Overcoming Grief:
You can't go over,
under,
or around it.*

you must go through it."



The Grief Recovery Method™

"Anyone can give up, it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength."

Unknown Author

A Face In The Crowd

I thought I saw you
In the crowd
They walked like you
Their stance was proud

Their hair the same
Their profile too
I really thought
It could be you.

Then I remembered
You were gone
My heart fell flat
As I walked on.

I see your face
Wherever I go
Guess I just thought
That you should know

Still hear your laugh
And see your smile
Though you've been gone
For quite a while

I miss you more
Than words can say
Wish it had been you
That I saw today.



all-greatquotes.com

**YOU DON'T
ALWAYS HAVE
TO HOLD
YOURSELF
TOGETHER.**

**SOME DAYS,
IT'S ENOUGH
TO JUST FOCUS ON
BREATHING.**



Our Children Remembered



Adam Cole son of Carol Cole
Alfredo Alexis Trejo son of Alfredo and Lilliam Trejo
David Eric Czarnota son of Karen Czarnota
Michael Janovich son/stepson of Susan and Robert Fraser-Earle
Andrew Geljookian son of Nancy & John Geljookian
Eric Hill son of Peggy & Tom Hill
Glenn James McCloy son of June and Jim McCloy
Cynthia A. Moores daughter of Art and Barbara Moores
Brianna Lee Paul daughter of David & Melinda Paul
Victor Vogis son of Victor and Margo Vogis



Derek Anthony Broughton son of Edward and Louise Broughton
John Arthur Driscoll, son of John and Susan Driscoll
Gale McLaughlin daughter of Joan & Frank McLaughlin
David Mulno sibling of Alyssa Mulno
Christopher J. Murphy son of Carolyn and Joseph Murphy
Jeannie O'Hare daughter of Jean and Tom O'Hare
Michael John Smithers sibling of Michael John Smithers
Michael John Smithers son of Marnie Smithers

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



*In memory of Eric Hill
Happy 21 Birthday to my angel boy!
Love Mom*

*In memory of James McCloy Glenn
We will always love you
Mom & Dad*

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 July newsletter must be received by the 15th of August. **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

No One Tells You This About Loss, So I Will

No one tells you this. So I will.

No one tells you that you may want to die. No one tells you that you may lie in bed and pray for your heart to stop. That even your most cherished and beloved children and husband may not be able to rouse you from the depths of your sorrow. That even the breathtaking sunrises and majestic shooting stars above won't give you pause.

No one tells you this.

I'm not talking about depression. Or suicide. Or hopelessness. I'm talking about how you may feel if a person you love so deeply, a person who knew and stood by you from birth — and was supposed to be with you until death — dies. All of a sudden. With no warning. Way too young. Frighteningly full of life. And then in an instant, they are gone.

My brother Wyatt died suddenly at age 42 of an aneurysm almost a year ago. We were closer than most siblings. Our dad died when we were one and three years old and, bonded by this early trauma, we were each other's keepers. He was my anchor, my last stop, my wingman for life. My cradle to grave.

When he died, I lost all connection to planet earth. A window opened between dimensions and I climbed right in.

'Take me with you,' I repeated. Over and over and over. It was disorienting and at times completely engulfed me. But it was the only place I wanted to or could be. For months I would drift in and out of this state.

And when you articulate this to friends and family, when you try to give words to these feelings, every alarm rings. Everyone starts to worry. Our culture has nowhere to put these dark feelings and sorrow.

No one tells you this. Not in our American culture anyways.

So now that I've made it to the other side, I will.

Each individual mourns differently, but I have now witnessed how many people suppress their grief for fear of upsetting others.

First of all, the urge to 'die' isn't exactly about dying. It's about holding on to your loved one with all your might, about delaying the separation for as long as humanly possible. It comes from the deepest source of connection a human can feel. From a sense that souls are entwined, like a living whole, and that when one half dies the other simply can't go on.

It is normal, it is born of love and connection, and it is okay.* You will return to this dimension, feel like you can live again, but not until you've seen the depths of that darkness.

The saying that kept me afloat on some of my hardest days was, 'the depth of your grief is equal to the depth of your love.' That is exactly how it felt.

Secondly, if it offers any solace, in other cultures and parts of the world this feeling is a known entity.

In cultures where death is tied to the cycle of life, not shunned and feared as people desperately try to elongate life and escape death at all costs, there is an understanding and even an openness to the pain that accompanies loss.

In Middle Eastern cultures the saying that is ubiquitous with loss, that is showered on the survivors at the funeral and beyond, is 'don't die with the dead.'

'We know you want to die with your loved one. But please don't. We see and understand that this urge is intimately tied to your love, and we remind you to stay with us,' the saying seems to imply.

In Judaism, there are periods of seven days (shiva), 30 days (shloshim) and twelve months (avelut) during which close family members are encouraged to or expected to abstain from celebrations and large social gatherings. It is understood that you will feel bereft, need to be alone, need to fall apart and slowly rebuild yourself.

In Mali and a number of other African countries, widows wear blue for an entire year after loss. In this way, they don't need to speak the unspeakable, and have the space needed to grieve.

We sorely need more of this acceptance and courage in the face of pain in our society. Each individual mourns differently, but I have now witnessed how many people suppress their grief for fear of upsetting others or seeming too wounded. Suppressed grief is linked to depression, addiction, and can 'give rise to delayed and distorted grief'. ([Parkes, 1998](#))

Let us be brave. Let us stay open to pain and hold space for what, ultimately, is not about pain as much as it is about love, connection, and life.

My telling you won't lessen your pain even slightly. But I hope to help you know that your pain is normal, socially accepted and even embraced in cultures less frightened than ours, and completely yours. When you tell me you just want to die, I for one will not be alarmed, but will say instead, 'I know. Of course you do.' Here is the [link to the article](#) if you would like to share.

By Cora Neumann
Blog, Huffington Post

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**



The Compassionate Friends

North Shore-Boston Chapter

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NEWSLETTER –August, 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