



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

February, 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 – 2/6/17

Down the Road – Several Years After the Loss
Facilitated by:
TBD

Wednesday – 2/15/17

Men's Group

Facilitated by:
TBD
-and-

Women's Group

Facilitated by:
Carmen
-and-

Sibling Group

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 February Website is sponsored
In memory of*

STEVEN RONAN

*It's amazing how many
times I see your smile
or hear your voice...*

*It reminds me just
how much happiness
each thought I have
of you brings...*

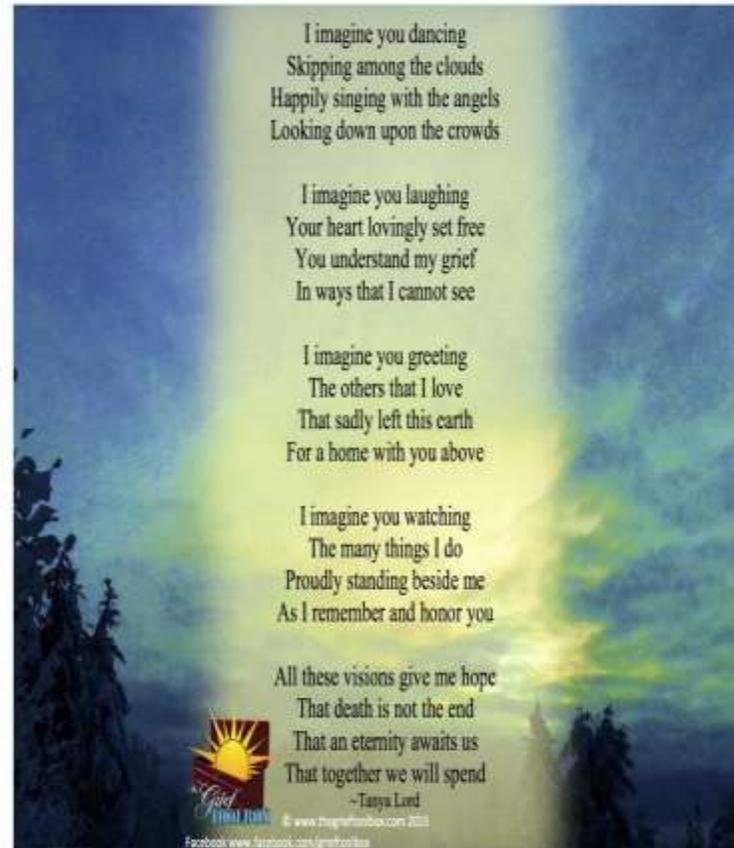
*Love you
always and forever,
Mom*

-and-

ANDREW WILDER

*We miss you
as always, Andrew,
and will love you
forever.*

Dad, Mom and Doug



January 2nd Meeting Reflections

Our first meeting of the New Year was a small group, but rich with stories shared as we opened the discussion by talking about how we “stay connected” to our child/children who have died. Several of our more “seasoned” members shared stories about things that keep them connected. One member feels a connection with her son through the number “4”; it was her son's favorite number and the one he wore on his soccer jersey. Over the years, she has experienced various well-timed “coincidences” involving the number 4, giving her the sense that her son is still with her family on some level. Another member shared a story about a “blue marble” that belonged to her son and how she found one in the most unexpected place reminding her of his connection to where she was at the time. We heard a story from one mother who keeps a journal and writes letters to her son every day, and sometimes the letters are simply a way of sharing with him what is going on in her life.

Several other members spoke about ways that they stay connected to their child who has passed by keeping up with traditions or hearing stories about their child from unexpected sources. We also heard about a very young child that died, and how one mother “honors” her son’s memory by creating “new connections”. This topic was one that many people in the room could relate to, but we had newly bereaved families in the room who are just trying to come to terms with their loss, and the emotions and circumstances around it. The thoughts of being connected when the “disconnect” is so new may be overwhelming to say the least. One mother talked about pictures of her son – she puts them up for family members and takes them down when they are too painful to look at. A father shared his story about sitting in his son’s room and wanting to go thru his computer but not being ready to do so.

For those who are newly bereaved the thoughts of “happier” times are often clouded by the stark reality of the death of their child and those memories of happier times are lost for the moment. The meetings bring out many different stories and aspects of all our grief and these conversations are proof of the point often made that everyone grieves differently and on different “schedules”. Those who are further along in their grief may find they are staying “connected” by creating memorials, awarding scholarships, finding solace in hearing “their song” and looking at pictures of better times. Those who are very new to their grief may not be ready to think about such things, but the purpose of these meetings is to help you understand that your grief won’t always be as painful as it is right now, and that someday you may be looking for those “connections”.



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

Our Children Remembered

February Birthdays

Michael Amorella son of Peter & Patricia Amorella
 Daniel Noah (Danny) Fine son of Gail and Stephen Fine
 Matthew Kane son of Regina & Bill Kane
 Gale McLaughlin daughter of Joan & Frank McLaughlin
 Eric Rosberg son of Nancy Rosberg
 Andrew Adams Wilder son of Mark and Betty Wilder

February Angel Dates

Robert Joseph Biondo son of Lorraine & Robert Biondo
 Christopher Burke son of Dotty and David Burke
 Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas
 Ryan James Gilligan son of Paula Gilligan
 Matthew Kane son of Regina & Bill Kane
 Eric Kronk son of Kathy and Walter Kronk
 Olivia Mary Marchand daughter of Jody Marchand
 Christopher Michael Rollins son of Nancy & Rick Rollins

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 Loving Memory of our dear Lorin Beth Bennett
Pams, Allison and Mom
-Judith Bennett

♥ In Loving Memory of Erik Sean Rakos
I love you and miss you
Love MaMa
-Kirk & Frances Rakos

♥ In Loving Memory of Olivia Marchand
Love you, miss you, such wonderful memories of our time together
Love Grammy
The hardest part of losing a child is living every day afterwards
Love you and miss you
Xoxo Mom
-Jody Marchand

♥ In Loving Memory of my son,
SPC David Mulno
- Deborah Stone

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 March newsletter must be received by the **15th of February**

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

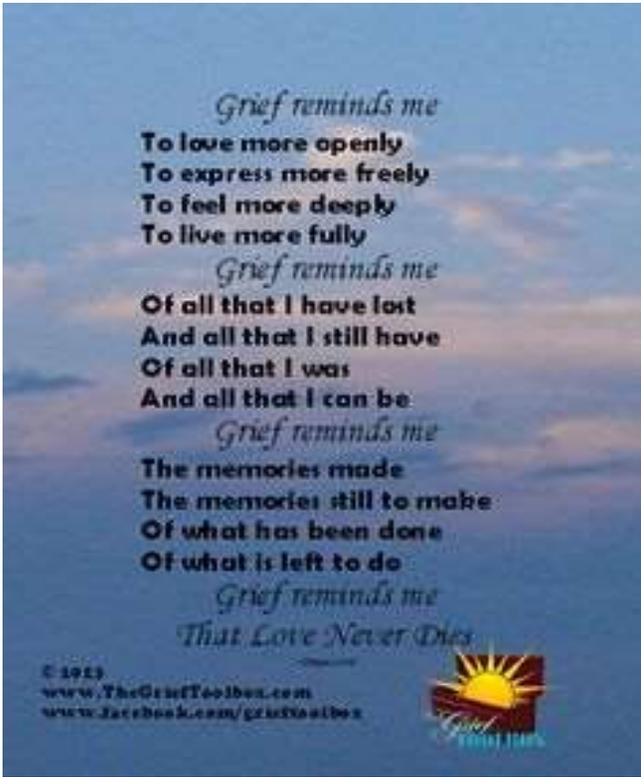
Love Gift from _____ In memory of _____

Message: _____

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



“It’s still ok to dream with a broken heart.”
— Nikki Rowe



They Say There is a Reason

They say there is a reason,
They say that time will heal,
But neither time nor reason,
Will change the way I feel,
For no-one knows the heartache,
That lies behind our smiles,
No-one knows how many times,
We have broken down and cried,
We want to tell you something
So there won't be any doubt,
You're so wonderful to think of,
But so hard to be without.

-author unknown



**THE
COMPASSIONATE
FRIENDS**
Supporting Family After a Child Dies

**“But in all of the sadness, when you’re feeling that your heart is empty, and lacking,
You’ve got to remember that grief isn’t the absence of love.**

Grief is the proof that love is still there.”
— Tessa Shaffer, Heaven Has No Regrets

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 –February, 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