



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

January, 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.

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The Compassionate Friends, Inc.

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www.thecompassionatefriends.org



Upcoming Meetings

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

Monday - 1/2/17

How We Stay Connected to Our Children

Facilitated by:

Cindi & Carmen

Wednesday - 1/18/17

Open Sharing Session

Facilitated by:

TBD

-and-

Sibling Group

Facilitated by:

Vanessa & Chanel

Chapter Leader: David Paul 603-236-1561

Newsletter Editor: Debbie Daly 978-988-7933

tcfnoshorenews@gmail.com

Regional Coordinator: Tom Morse 508-572-3038

Tjmorse521@gmail.com



*The January Website is sponsored
In memory of*

TODD MacDONALD

*You always said that you were
born 500 years too soon;
you wanted to live
in a world where
humanity had matured.*

*The world is less without you, Todd.
Love from Tracy, Mom and Dad*

-and-

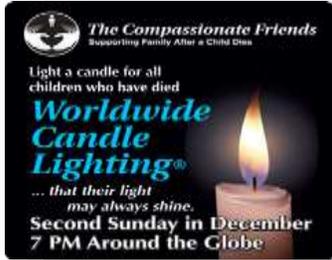
BRIANNA PAUL

To Brianna

*All along you never left
You're where you have always been
You came from me, you come from me
A truth that holds even when
Sadness tries to cloud my soul
And death's illusion makes its plea
All along you never left
You're where you will always be
Love you forever –
Mom, Dad, Erin and Eden*



Worldwide Candle Lighting



Many heartfelt thanks to all of the families who joined our chapter for the TCF Worldwide Candle Lighting Ceremony on Sunday, December 11th

This event is always both beautiful and difficult as the season and all that comes along, or doesn't, can heighten the depth of our loss.

Regardless of all the small and big triumphs achieved throughout the years and whatever milestone's the bereaved can achieve, this time of year is hard for all who have experienced loss. A time closely linked to childhood and innocence, it is especially hard for parents without their children. For those, who've miscarried or gave birth to stillborn children, it's a reminder of all that will never be for the child (ren) of your heart. For those who have children that died young there is the longing for traditions never granted the time to become tradition. For those who had some or many years' worth of celebration, there is the wish for more and regret of times not spent well. The hard truth that many realize at this time of year, bereaved or not, is that that the most precious gift is time and...for most of us, there isn't enough of it.

Since there's nothing we can do about that, what we can do and, what all of you who participated at the candle lighting did was to make use of this ceremony to reflect and cultivate a deeper sense of love with our departed, through ritual. Sunday the 11th and at any time, this can be done in the naming of our loved one, the singing for our loved one, the reading for our loved one, the cooking, gifting, cleaning, organizing and supporting others, also affected by the loss of our loved one(s). Anything done with the thought of them in our hearts, is done **with them**.

Having a place to honor the light of your loved one, where one can speak of the depth of their love, as well as the range of their sadness, is just as important as having a place to gather and celebrate all that is good and happy in the world with those that are still present in our lives.

Our hope at TCF is that each of you is able to cultivate such a place during this time of year and as needed throughout the rest of the year. Whether or not you were able to attend the ceremony, their light shines bright each day, month, and year as and we get stronger, we are better able to reflect their light and our own.

I wish you all peace and wellness for as long as possible in your journey throughout the upcoming year.

Your Compassionate Friend

Cheryl Coss

P.S. We currently have a smaller candle lighting at each of our meetings to recognize birthdays, anniversaries and any other milestones in your journey, please join us, when needed, as needed.



God bless the mother...

*God bless the mother who has lost
a part of herself now
Her child is gone, and yet she knows
She must go on somehow*

*She'll never be who she was once,
Before her child was taken,
And some days she can't help but feel
Her heart has been forsaken*

*They say You give the hardest tasks
To those You know are strong
But her task is so painful, Lord
... it's one that lasts lifelong*

*Please help her rise each time she falls,
Give courage for her fears,
Have angels hover ever near
To dry her endless tears*

*Keep her close, within Your arms
Each moment they're apart
Please give her comfort while she grieves...
God, soothe her aching heart*

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A Dad Hurts Too

People don't always see the tears a dad cries,
His heart is broken too when his child dies.
He tries to hold it together and be strong,
Even though his world's gone wrong.
He holds his wife as her tears fall,
Comforts her through it all,
He goes through his day doing what he's supposed to do,
But a piece of his heart has been ripped away too.
So when he's alone he lets out his pain,
And his tears come like falling rain,
His world has crashed in around him,
And a world that was once bright has gone dim.
He feels he has to be strong for others,
But Dads hurt too, not just the Mothers,
He searches for answers but none are to be found,
He hides behind a mask when he is feeling down.
He smiles through his tears,
He struggles and holds in his fears,
But what you see on the outside is not always real,
Men don't always show how they really feel.
So I'd like to ask a favor of you,
The next time you see a mother hurting
over the loss of her child,
please remember.....a Dad hurts too.

all-greatquotes.com



Communication Corner

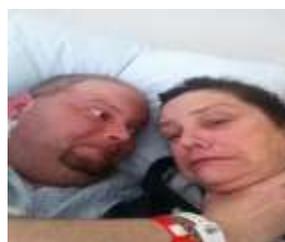
This portion of our newsletter is dedicated to our children and their various forms of communication to and with us, while on earth and after. We encourage you to submit something for this section, or to comment on a previous month's submission. Examples could be texts, letters, notes, picture along 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

Communicating with Laughter



After his 3rd seizure due to 17 tumors on cancer), Bryan lost his ability to speak, Dana Farber, I joked with my son that we picture of him about to chock me after obviously showing how I was driving him with this seizure but never lost his sense do at this point but try to keep things light situation. But as usual we always played off each other to find some way to kid around. He knew his



his brain from melanoma (skin write or text. After 2 days at should send my daughter a being by his side 24/7, crazy. He had lost so much of humor. What else can you and happy in such a tragic

sister would get a laugh out of it which put a smile on his face when I hit send. We were giggling like little children. Our connection was such a blessing through these difficult times. We kept each other's spirits up by not letting the other one know how terrified we actually were at this point in his illness. **They say laughter is the best medicine, but for some, it's the only medicine!**

Don't Tell Me

Please don't tell me you know how I feel,
Unless you have lost your child too,
Please don't tell me my broken heart will heal,
Because that is just not true,
Please don't tell me my son is in a better place,
Though it is true, I want him here with me,
Don't tell me someday I'll hear his voice, see his face,
Beyond today I cannot see,
Don't tell me it is time to move on,
Because I cannot,
Don't tell me to face the fact he is gone,
Because denial is something I can't stop,
Don't tell me to be thankful for the time I had,
Because I wanted more,
Don't tell me when I am my old self you will be glad,
I'll never be as I was before,
What you can tell me is you will be here for me,
That you will listen when I talk of my child,
You can share with me my precious memories,
You can even cry with me for a while,
And please don't hesitate to say his name,
Because it is something I long to hear everyday,
Friend please realize that I can never be the same,
But if you stand by me, you may like the new person I become someday.

Judi Walker
(In Memory of Shane)
Copyright 1998



Dr. Elisabeth Kübler-Ross (*Death: The Final Stage of Growth*, 1975)

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.”



Our Children Remembered



Heather Johnson daughter of Susan Barry & Dennis Johnson
 Timothy Howard Dileo son of Steven & Susan Dileo
 Todd MacDonald son of John and Janet MacDonald
 Jamison John Riggio grandson of Francesca Riggio
 Christopher Michael Rollins son of Nancy & Rick Rollins
 Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi



Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc
 Courtney Marie Corning daughter of Ginny & Jack Corning
 Aram Karakashian son of Pat and Garo Karakasian
 Kaleigh Lambert granddaughter of Irene Lambert
 Shane Lambert grandson of Irene Lambert
 Joel Wesley Lindquist son of Roy and Mariann Lindquist
 Jonathan Corey son of Reenie McCormack and Ron Corey
 Karen Ann Muscovitz daughter of Arnie and Alice Muscovitz
 Deirdre Helene Olson daughter of Catherine E.B. Olson
 Brianna Lee Paul daughter of David & Melinda Paul
 Eric Rosberg son of Nancy Rosberg
 Glenn Buttrick son of Heidi Scott
 Victor Vogis son of Victor and Margo Vogis
 Katy Warde daughter of Peg Warde

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: Debbie Daly 902 Pouliot Place, Wilmington, MA 01887

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
Campton, NH	Melinda & David Paul, daughter, 20, sudden cardiac arrest	603-236-1561

LOVE NOTES

This section is dedicated to all our children/siblings/grandchildren. It is a space where you may submit a note to or for your child to remember them on a special day/date. We do ask for a donation of any amount for this space to help defer the cost of producing and mailing this newsletter.

♥ In Loving Memory of **Courtney Marie Corning**
“Merry Christmas” and “Happy New Year Kiddo”,

I love and miss you more than ever. It just never seems real!
The holidays are always hard. I know you’re with me Courtney!
Thanks for all of your signs! You were the glue that kept us together.
I miss your smile. My heart is aching for you honey. The holidays were your favorite.
I will love and miss you forever, until we meet again sweetheart!
Love, Mom, Dad and family oxox
- Ginny & Jack Corning

♥ In Loving Memory of our beautiful daughter
We love you so much and miss you every day.
With all of our hearts and love, Dad & Diane
- Diane & George Gianocostas

(Please Note Correction to Deidre Olson’s Love Note from last month)

♥ In Loving Memory of **Deirdre (Dee Dee) Olson**

Thank you for the Loving, Caring,
Outstanding 27 years that you so selflessly gave to us
Oceans of Love Dee Dee forever, Happy Birthday – Dec. 3,
and gently soft angel date
We adore you -17- Mom & Kendra Anne
- Catherine Olson

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 No Shore/Boston, PO BOX 1117, Billerica MA 01821**. (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 December newsletter must be received by the **15th of December**

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.

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
PO BOX 1117
Billerica, MA 01821-0961

RETURN SERVICE REQUESTED

DATED MATERIALS
PLEASE FORWARD



The Compassionate Friends

North Shore-Boston Chapter
Supporting Family After a Child Dies

NEWSLETTER –January, 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