



# *The Compassionate Friends*

## *North Shore-Boston Chapter*

### Supporting Family After a Child Dies

Newsletter

July 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 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)

Have a safe and blessed Holiday



#### **Upcoming Meetings**

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

**Monday - 7/3/17**

**Meeting Cancelled due to Holiday**

**Wednesday - 7/19/17**  
**Open Sharing Session**

Facilitated by:  
Millie & Reenie

*-and-*

**Sibling Group**  
**Finding A New "Normal"**

Facilitated by:  
Vanessa & Chanel

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

Regional Coordinator: Tom Morse 508-572-3038  
[Tjmorse521@gmail.com](mailto:Tjmorse521@gmail.com)



*The July Website is Sponsored  
In memory of*

*SHERYL BECKER*

*I cried when you passed away,  
Although I loved you dearly,  
I couldn't make you stay.  
We didn't expect  
your time here to be so short!  
We miss you every day!*

*Sheryl you live on in our memories  
and in our hearts!  
Missing you on your 50<sup>th</sup> Birthday*

*Love, Mom & Dad*

*-and-*

*TOM & CHRISTOPHER POPE*

*Tom & Christopher,  
We will never stop yearning  
to see you, hear you, touch you . . .  
We will always wonder  
what might have been . . .  
Yet . . . we know that you are always with us  
Forever united . . . forever in our hearts*

*Love,  
Mom, Dad, Kelly, Dave*



*Your life was a blessing  
your memory a treasure  
You are loved beyond words  
And missed beyond measure.*

*Fly My Special Angel: For Loved Ones Lost*



*There are moments in life when  
you wish you could bring  
someone down from heaven.  
Spend the day with them just  
one more time,  
give them one more hug,  
kiss them goodbye or  
hear their voice again. One  
more chance to say I Love  
you! Share remembrance of  
someone who is not here.*

*SHUT UP I'M STILL TALKING  
ebook.com/ShutUpImStillTalking*

# Healing is a Process

Because everyone grieves in different ways, they also heal in different ways. None of us can define the grieving process for another person. We can't prescribe a time line for grief. We can't say how long it should take to mourn. We can't set standards for how another person expresses grief. We can't say that someone isn't grieving "properly." But we can come alongside those who grieve and say, "I can't imagine the depth of your pain, but I want to help and hope that I can be what you need me to be as you go through it."



When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand.

The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

-Henri Nouwen

## Upcoming Event-Orlando FL



For additional information, click here: [2017 TCF National Conference](#)

## Vacation Tips

Summer is the time of the year when families think of vacation. Whether a long trip or a short time spent near home, vacations are a pleasant change of pace and a time to have fun. For many bereaved parents, especially in the first year or two of grief, even the idea of a vacation may cause a devastation of emotions. Some cannot even use the term vacation. Remembering the fun times with their now dead child is more than can be borne.

However, if you are planning a vacation, here are some suggestions that may help. • Be kind to yourself. Don't expect too much. The first time we do anything without our children is tough no matter what the activity. • Be patient with yourself. You will have feelings of guilt, anger, and all the other emotions associated with grief. Let those emotions come and go as they will. Rest and have a good time if at all possible. Give yourself time to have a bad day. • Be aware that your child will be on your mind most the time just the same as he or she would be if you were at home. Grief travels along with us. • If you plan to visit relatives, remember they mean well even if they seem insensitive with their remarks. They have not lost a child and can't see through your eyes. • Remember your other children. They are also having a hard time coping on this vacation. Plan some activities that they especially choose. • Communicate with your spouse and other family members.

Philip Hall TCF South Central Missouri

"HOPE FOR THE DAY" from SilentGrief.com

Grief seems to hit us like a tidal wave at times when we least expect it. We can be plodding along in life "okay" when all of a sudden, we get smacked hard with the reality of our loss, and we're left feeling like we are drowning in a sea of sorrow with no life jacket in sight.

Being aware of how grief works is a critical part of our grief journey. Knowing that we can get these "grief attacks" unexpectedly can actually help us to prepare for them.

When your tidal wave of grief hits, take some long, deep breaths, and prepare to wait it out. Don't fight it or try to swim against the tide. You will only exhaust yourself both physically and emotionally. Feel the pain with the knowledge that following this storm, the seas will once again return to calm, and you will have better days ahead.

The pain will begin to subside as you begin to acknowledge the fact that grief attacks are only momentary in nature. The raw part of grief work has already been done, and you will be able to manage your grief by thinking more calm thoughts, journaling your emotions, taking a walk among nature, and calling on a friend or two for some encouragement.

Did you get hit by a tidal wave today? Take courage in knowing that you're going to make it. Others have walked this path before you and they've made it and you will, too. Your hope is bigger than your fear. Your courage is stronger than your pain. And, your hope is always alive and at work!

-- Clara Hinton

"I will face my pain with courage. I will make it!"



## Our Children Remembered



### July Birthdays

Sheryl Lynn Becker daughter of Millie & Jerry Becker  
 David Conant Siljeholm son of Anita Siljeholm  
 Edward Michael Hedrington son of Jo Hedrington  
 Tiffany Marie Hines daughter of Jeff and Debbie Hines  
 Karen Ann Muscovitz daughter of Arnie and Alice Muscovitz  
 Michael Sawyer son of Diane and Herb Sawyer  
 Debbie Sevier daughter of Fred and Trudy Sevier



### July Angel Dates

Lino J Brosco sibling of Rose Ames  
 Lino J Brosco son of Leno and Emilia Brosco  
 Christian E. Frechette, grandson of Janet Frechette, son of Derek and Christina Frechette  
 Jared Linzey son of Sharyn & Tom Linzey  
 Thomas Hart (Tom) Pope son of Carmen and Jeff Pope

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)

	<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><b>Please be considerate in the timing of your calls to these volunteers.</b></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 July newsletter must be received by the **15th of July**.

**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*

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## Communication Corner We Need your stories!

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: [tcfnoshorenews@gmail.com](mailto:tcfnoshorenews@gmail.com)



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.

Elizabeth Kubler-Ross

### Fourth of July

Each year on the Fourth of July we celebrate the birth of a great nation – a nation of people united in a dream. It was through hope, determination and a bonded strength that the people of America strived to achieve their dream of freedom – to be a free nation.

Nothing, however, is achieved without a strong will. We too, as bereaved parents, are fighting a battle to be free – free of the pain that has become a part of our waking days. We want to be able to enjoy life again. YOU are one of those proud Americans. Refuse to give up. Fight for YOUR dream. There is peace to be found in freedom.

TCF, Holmdel NJ

### Dandelions and Grass

Dandelions a grass Clapsed in a chubby hand, Starry-eyed, so pleased with himself, Never a bouquet so grand; Slightly wilted, with drooping leaves, Received as the rarest of blooms, In my best vase on a cloth of lace They proudly graced my rooms.

In the years to come, that same hand Wrote a lovely poem, Built a model airplane And played the saxophone. But ever in this mother's heart In all the years that passed, The loveliest thing that David gave Was dandelions and grass.

Joy C. Worland submitted with changes by Audrey Hoyt TCF Kansas City, MO



### Like the Butterfly

It fluttered there above my head, Weightless in the soft breeze. I reached up my hand, It lit upon my finger.

Waving glistening wings together, It looked at me for timeless moments. I smiled, and reached deep. Finding all those cherished memories.

As it flitted off through the sunlit morning, I knew we had said hello  
Once more.

Leslie Langford, TCF, North Platte NE

**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 –July, 2017**



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)