



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

June 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:

Monday - 6/5/17

Balloon Release and Pot Luck Social - 6:30 PM

(see details below)

-and-

Optional Sharing Session - 8:00 PM

Facilitated by:

TBD

Wednesday - 6/21/17 - 7:30 PM

From Shock to Grief to Reinvestment

Facilitated by:

TBD

-and-

Sibling Group

Open Sharing Session

Facilitated by:

Aimee & Chanel

Chapter Leader: David Paul 978-771-6345
Newsletter Editor: Debbie Daly 978-988-7933
tcfnorthshorenews@gmail.com

Regional Coordinator: Tom Morse 508-572-3038
Tjmorse521@gmail.com



*The June Website is sponsored
In memory of*

TODD MacDONALD

*Todd, we are carrying on
your love of animals,
large and small.
Frisky, Jake and Timothy
are with you now,
just as always.
We do what we can,
whenever we can,
to carry on for you.*

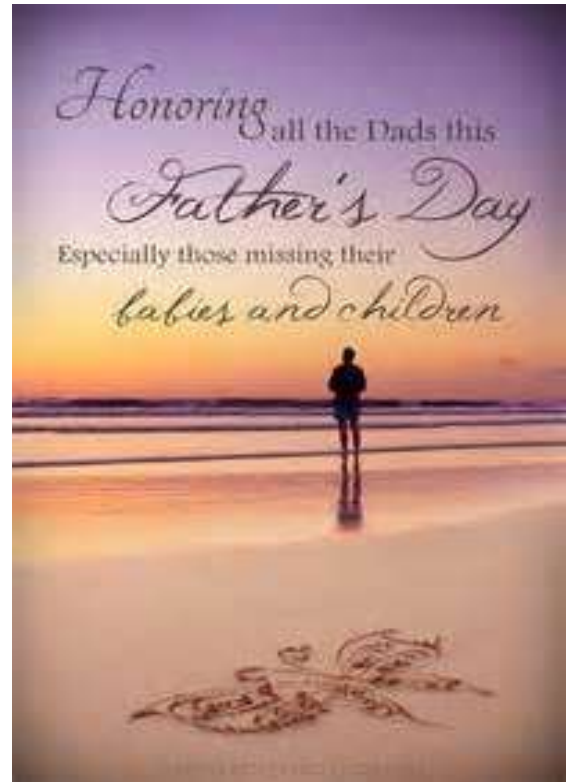
*Love, Mom, Dad & Tracy
-and-*

ALEXANDER J. WHIPPLE

*You didn't have much time here,
not long to make a mark
But you left us each a candle
to hold up in the dark
You're a great one, Alexander,
a great gift that God made,
And even greater knowing
that light will never fade*

*Happy 8th Birthday!
We Love You!*

*Love, Mommy, Daddy,
Julia and Elizabeth*



How Long Does It Take?



As long as it takes; that's how long it takes. It's not about forgetting. It's about hurting.

And I know that if I am alive twenty years from now, and I happen to look at a blue sky with puffy clouds and think of my son, Fred—and figure how old he'd be, what he'd be doing and what his children would be doing—I'll hurt.

And know that if I can switch my train of thought from what is not, to what was, a happy memory, I'll be able to smile through the tears. We don't stop

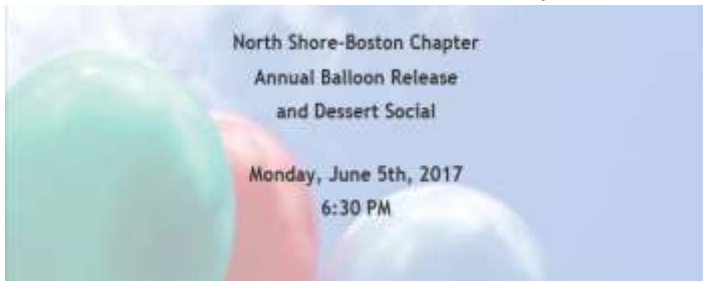
hurting, ever. But so many things occur each day. So many events and thoughts and happenings intervene, that our focus is shifted. The death of our child changes from the main concern in our life, to one of many.

A life may stop; but the loving goes on. To love deeply is to be vulnerable...for all our days.

Joan S. ~ TCF, Central Jersey Chapter

Don't Miss Our Annual Balloon Release which will be held on next Monday meeting night, June 5, 2017. Please plan to arrive by 6:30 PM

After a brief outdoor ceremony in the parking lot, we will release balloons in unison in memory of our children. We will provide one helium balloon for each family in attendance. Markers will be available for you to write your child's name and/or a message on the balloon prior to the ceremony.



After the balloon release, we will gather in the foyer of the church for a simple meal and social hour. The chapter will provide sandwiches, beverages and paper goods. We invite everyone to bring their favorite dessert to share with the group. We are also looking for volunteers to help with setting up before the event and cleaning up after the event.

There will be an optional sharing session beginning at 8:00 PM for those who would like to attend a regular support group meeting. Please feel free to attend one or the other, or both. If you would like to volunteer or if you would like additional information about this event, feel free to contact either of our members listed below by email or by phone.

Reenie McCormack (Event Chairperson)
781-729-1878

mmccormack141@gmail.com

David Paul (Chapter Leader)
978-771-6345

tcfnorthshoreconnect@gmail.com

Orlando, Florida, will be the site of the 40th TCF National Conference on July 28-30, 2017.

The Chapter would like to support our members who would like to attendance by offering conference scholarships for members interested in attending.



Submit the National Conference Scholarship application form attached with this newsletter via email to vanessascioli@yahoo.com by June 23, 2017.

Please note this is first come first serve, and there is a limit of 20 scholarships that will be awarded.

Requirements: Applicant is to complete this form in its entirety. Upon returning from the conference, we ask you to do two things as a result of receiving the scholarship. First, submit proof of attendance (flight or hotel receipts, or registration confirmation). Secondly, either write about your experience, and publish it in the newsletter, or speak about your experience during a chapter meeting.

Deadline to Submit Application:

Via email to vanessascioli@yahoo.com is Friday, June 23, 2017

Please Note: This is a reimbursement, and first come, first serve program. Our chapter will provide a maximum of 20 scholarships. The chapter will provide reimbursements after the conference dates. However, every applicant who does apply will know before they attend how much money they will receive upon returning. Total scholarship funds to be divided is \$2,000, which will be divided evenly by awardees. There is a limit of one applicant per family. (i.e. if 20 applicants/families submit an application, they will receive a scholarship in the amount of \$100, which covers one adult, or 2 child registration fees).


Please contact Vanessa Santosuosso at either vanessascioli@yahoo.com or 806-543-7147 with any questions you may have.

For additional information, click here:

[2017 TCF National Conference](#)

To access the chapter scholarship application form for the TCF National Conference, click here:

[North Shore-Boston Chapter 2017 National Conference Scholarship](#)



I'm Missing You Today

Today I am sad... in fact, I feel so sad that I want nothing more than to curl up in bed and cry. I won't of course; there are too many things to be done... all those adult life responsibilities that never seem to stop no matter how tired I am of it all. But I would give anything to be held... to be treated like a child and be found when I am lost... to be gathered up in arms that feel big when I feel so very small and so very alone. I would give anything for a moment like that right now... just a little moment in a very long day. I guess I'm just tired... and sad... and I wish you were here.

RANATA SUZUKI

www.lifelovequotesandsayings.com

Our Children Remembered



Tommy Cordima son of Tom and Mary Cordima
 Eric Kronk son of Kathy and Walter Kronk
 Michael Edward Lindberg Jr son of Sylvia & Michael Lindberg
 Jeannie O'Hare daughter of Jean and Tom O'Hare
 Christopher John Pope son of Carmen and Jeff Pope
 Justin A. Canonico son of Donna Quinn
 Donald Tottingham son of Mal and Bobbie Tottingham
 Alexander John Whipple son of Richard and Nancy Whipple
 Jason Dixey son of Sandy & Barry Dixey



David Eric Czarnota son of Karen Czarnota
 Kara Lynne Irving daughter of Jean and Jerry Irving
 Todd MacDonald son of John and Janet MacDonald
 Bobby Moore son of Jeff Moore
 Christopher John Pope son of Carmen and Jeff Pope
 Jon Paul Rahall son of Bernadette Rahall
 Debbie Sevier daughter of Fred and Trudy Sevier
 Andrew Adams Wilder son of Mark and Betty Wilder
 Harold E. Williamson son of Sandra Williamson

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: tcfnshorenews@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
our son Donald
on his June birthday*

-Mr & Mrs Malcolm G Tottingham

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 June newsletter must be received by the 15th of June.

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



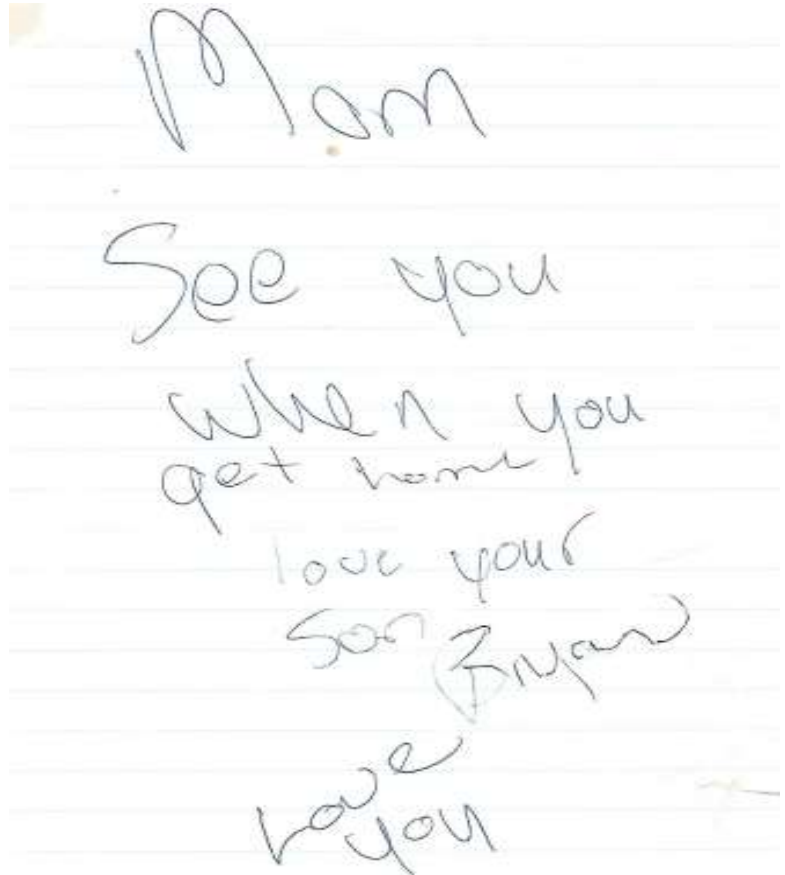
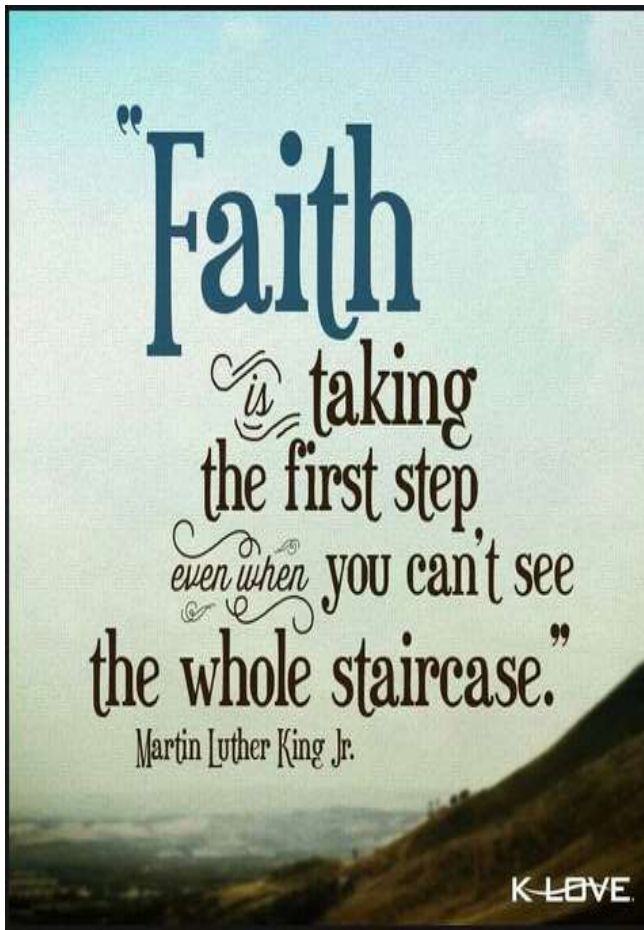
Communication Corner



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: tcfnoshorenews@gmail.com

From Debbie Daly

I found this note from my son written when he was a young boy when I was putting some files away in my document folder. This was on Mother's Day and this folder is for birth certificates, legal documents etc. A note like this would not be included in this file but rather my memories folder. I believe this was a sign from my son on this special day letting me know he will see me when I get "**HOME**".



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

Supporting Family After a Child Dies

NEWSLETTER –June, 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