



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

JUNE 2018

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

Monday - 6/4/18

Balloon Release and Pot Luck Social
(see information below)

Optional Sharing Session - 8:00 PM

Facilitated by: TBD

Wednesday - 6/20/18

Open Sharing Session

-and-

Sibling Group

Dealing With the "What Ifs?"

Facilitated by: Suzanne

Chapter Leader: David Paul 978-771-6345
tcfnoshoreconnect@gmail.com

Newsletter Editor: Cindi Bolivar 781-944-0016
tcfnoshorenews@gmail.com

The June website is sponsored In Memory Of

ROGER COSTA

In loving memory of our son and brother,
Roger, on his birthday, June 11th.
We love and miss you every day, but will especially miss you
at your brother's wedding this July!
Love, Mom, Dad and Matt

-and-

ALEXANDER WHIPPLE

Alexander, 9 years ago you came into our lives.
While we only had 21 months with you,
we are grateful for every one of those days.
We miss you so very much.
Please continue to watch over Mommy, Daddy and your
sisters, Julia and Elizabeth.
We will always love and miss you!
Happy 9th Birthday to our beautiful boy.

Our Children Remembered



Jason Dixey son of Sandy & Barry Dixey
Eric Kronk son of Kathy and Walter Kronk
Harrison Andrew Lambert son of Gregory and Sigrid Lambert
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
Donald Tottingham son of Mal and Bobbie Tottingham
Alexander John Whipple son of Richard and Nancy Whipple



James Kimball Carlsen son of Kathy Carlsen
David Eric Czarnota son of Karen Czarnota
Bryan Robert Cadigan son of Debbie Daly
Kara Lynne Irving daughter of Jean and Jerry Irving
Todd MacDonald son of John and Janet MacDonald
Bobby Moore son of Jeff Moore
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier
Christopher John Pope son of Carmen and Jeff Pope
Jon Paul Rahall son of Bernadette Rahall
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: tcfnoshorenews@gmail.com

Help Wanted: We are, once again, in need of someone to produce the monthly newsletter. This job may be shared by two or more people and training and guidance will be available. We need someone to put the newsletter "together" by gathering poems and stories and then sending it to a printer. This will take less than 8 hours per month. We have a volunteer who is doing the folding and hard copy mailing so we are looking for someone to compile the information and format it into the newsletter. If you are interested, please contact David Paul @ 978-771-6345 or tcfnoshoreconnect@gmail.com

My Dad is a Survivor

My dad is a survivor too
which is no surprise to me.
He's always been like a lighthouse
that helps you cross a stormy sea.

But, I walk with my dad each day
to lift him when he's down.
I wipe the tears he hides from others;
He cries when no one's around.

I watch him sit up late at night
with my picture in his hand.
He cries as he tries to grieve alone,
and wishes he could understand.

My dad is like a tower of strength.
He's the greatest of them all!
But, there are times when he needs to cry...
Please be there when he falls.

Hold his hand or pat his shoulder...
And tell him it's okay.
Be his strength when he's sad,
Help him mourn in his own way.

Now, as I watch over my precious dad
from the Heavens up above...
I'm so proud that he's a survivor...
And, I can still feel his love.

Copyright 1998 Kaye Des'Ormeaux
Dedicated to all dads who have lost a child & was forced
to survive

*It isn't for the moment you are struck
that you need courage,
but for the long uphill battle to faith,
sanity and security.*

Anne Morrow Lindbergh

Missing those Milestones

As June approaches and spring turns towards summer there are many "milestone" events that will trigger those feelings that cause us to fall backwards in our journey thru this grief. For some it will be graduations that will not happen, proms not attended and college applications that will lie left undone. For others it will be the changing of grades from elementary to middle or high school and for others still, it will be the playgrounds that their child never got to play on.

For us it is weddings. We have attended several weddings since we lost our son almost 16 ½ years ago, but when we attended the wedding of our son's best friend, it was a tough time for us and a hard day to get thru. Joey and Brian were best friends from the time they met when they were 4 years old – their birthdays were only 2 days apart. They were as close as two "brothers" could be without sharing the same blood. We shared our son with his "other parents" as they shared theirs with us. On the day of Brian's wedding we were honored to be seated next to his parents at the front of the church. Brian misses his "best bud" as much as we miss our son and we know it was a bittersweet day for Brian as well. At the reception we were greeted by many young people who knew Joey and they were not shy about mentioning Joey's name and telling us things they remembered about him. We are grateful that Joey had such great friends in his short life, and that they choose to remember him and carry him with them.

As your "milestones" approach this June, know that there are those who are willing to share their milestones with you in honor, and in memory, of your child. Where I once said, I can't go there; I now say I will try. Had I chosen not to go to Brian's wedding, I would have missed all the wonderful stories about my son. And with each passing year, and milestone, it does get softer.

Wishing you butterflies and rainbows,

Cindi Bolivar TCF No.Shore-Boston

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| | 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. Please be considerate in the timing of your calls to these volunteers. |  |
| Beverly | Carmen Pope, son, 3 days, anencephaly; son, 11, boating accident | 978-998-4087 |
| Billerica | Jeff Moore, son, 17, moped accident | 978-663-8539 |
| Gloucester | Melinda & David Paul, daughter, 20, sudden cardiac arrest | 978-771-6345 |
| Haverhill | Crystal Chambers, sibling, 28, cause unknown | 508-523-2810 |
| Lynn | Pat Karakashian, son, 29, drug overdose | 781-593-5875 |
| North Andover | Catherine Olson, daughter, 27, pedestrian accident | 978-681-8341 |
| Wilmington | Debbie Daly, son, 33, melanoma (skin cancer) | 978-988-7933 |
| Salem, NH | Regan Burke, son, 8, pneumonia/cardiac arrest | 603-264-9391 |
| Winchester | Reenie McCormack, son, 20, drowning | 781-729-1878 |
| Woburn | Nancy Whipple, son, 22 months, cancer | 781-938-5840 |

Balloons and Letting Go

I'm afraid to let go;
 Afraid that you will float away
 like a balloon,
 And I will forget your true color.

So I clutch the string,
 Forgetting that the balloon
 is already broken,
 And you have escaped into thin air.

Andrew let the yellow and green balloons go
 on his seventh birthday,
 Removed them from the light post,
 bright party sentinels,
 Letting them float up.

They caught on the topmost branches
 of the same tall pine tree
 That you climbed on your eight birthday,
 not so very long ago.
 They went even higher,
 And stayed there for several days.

I saw in them a sign from you,
 telling us that you have not floated
 So far away that we cannot see you,
 if we look.

Mariann Lindquist, No Shore/Boston TCF
 Remembering Joel



Love Notes



This section is reserved for personal messages in memory of our children, grandchildren, and siblings. Donations received help to cover the operating costs of the chapter; monthly meetings, refreshments, newsletter mailing, etc. While not expected, any donations are always appreciated.

From Malcolm & Bobbie Tottingham in memory of our son Donald

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

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 next newsletter must be received by the **15th of the previous month**.

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

Love Gift from _____ **In memory of** _____

Message: _____

Balloon Release and Pot Luck Social

Our Annual Balloon Release will be held this year on our regular Monday meeting night, June **4, 2018**.

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 us at tcfnorthshoreconnect@gmail.com

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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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