



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

March 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
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www.thecompassionatefriends.org



Upcoming Meetings

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

Monday - 3/6/17
Circumstances of Our Loss
Facilitated by:
Cindi & Regan

Wednesday - 3/15/17
Open Sharing Session
Facilitated by:
Melinda & Carmen
-and-

Sibling Group

If You Had 5 More Minutes
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
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The March Website is sponsored

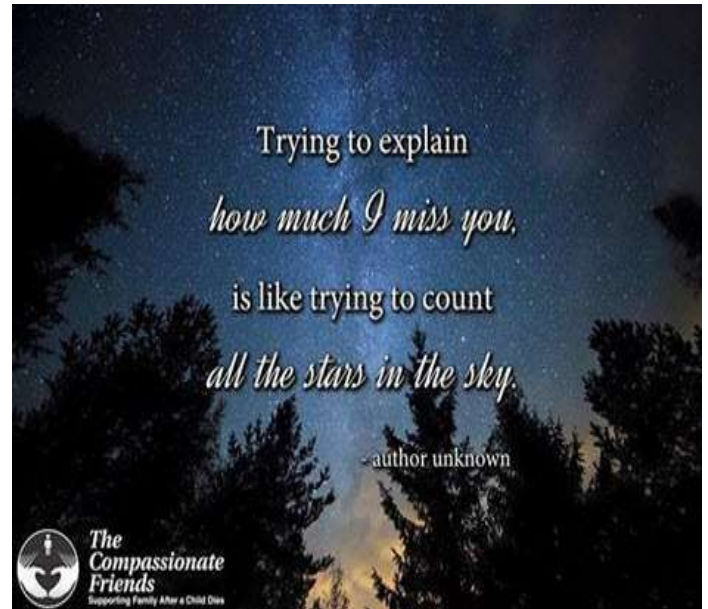
*In memory of
SHAYNE MICHAEL LOIZIDES*

*A year has gone by,
you remain heavy in our hearts.
Time will never erase our love.
The memories we have of you
are greater than ever.
We feel your soul always
and know you are
watching over us all.
We love you.*

*“There is no pain so great
as the memory of joy
in present grief.”*

Aeschylus

*Love,
Mom, Dr.,
Branden,
Benjamin,
Cassandra,
Cameron,
Reagan
Xo*



Trying to explain
how much I miss you,
is like trying to count
all the stars in the sky.

- author unknown



Will Love You

As long as I can dream,
As long as I can think,
As long as I have a memory,
I will love you.

As long as I have eyes to see,
And ears to hear,
And lips to speak,
I will love you.

As long as I have a heart to feel,
A soul stirring within me,
An imagination to hold you,
I will love you.

As long as there is time,
As long as there is love,
As long as I have a breath
To speak your name.....
I will love you.

Because I love you more than anything in this world.

by Daniel Haughian

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: tfnoshorenews@gmail.com

Other ways to say "I love you"...

- Call me when you get there so I know you're safe.
- Don't worry, I'll take care of it for you.
- My phone will be right by my pillow
- I appreciate what you do for me
- I just wanted to hear your voice.
- How did you sleep last night?
- I hope you're feeling better!
- Don't forget to buckle up.
- How's your day so far?
- Watch your step.
- Are you hungry?
- Sweet dreams.
- I miss you.

You don't have to hear the words "I love you" to know you're loved. Listen carefully. People speak from the heart in more ways than one.

IntelligenceForYourLife.com

Submitted by **Crystal Chambers**

This is a text that my brother Jon sent not long before his one year angel date. Jon suffered from an opioid addiction that we tried so hard to help him battle. Although his battle was very short, he tried numerous times to overcome it with different forms of treatment. In the end, the addiction stole him from us, but this text brings a little comfort knowing he knew the love we had for him and each other.

I love you guys so much. And thank my lucky stars I have the greatest family in the world. We may bicker, we may fight. But the our biggest fight is fighting for each other.

Submitted by **Melinda Paul**

This is one of my favorite pictures of Brianna.

This was a senior formal that she went to. She always decided last minute she wanted to go to these events, we ended up running around like crazy trying to find a dress.



Our Children Remembered



Lino J Brosco sibling of Rose Ames
 Lino J Brosco son of Leno and Emilia Brosco
 Aram Karakashian son of Pat and Garo Karakasian
 Patricia Gail Kingston daughter of Elaine and John Kingston
 Kaleigh Lambert granddaughter of Irene Lambert
 Christopher James Wooster son of Debbie Linnehan
 Ricardo Melo son of David and Theresa Melo
 Jon Paul Rahall son of Bernadette Rahall
 Amanda Louise Nadeau daughter of Julia Rodriquez & Louis Nadeau
 Brian T Wilson son of Linda Wilson



Heather Johnson daughter of Susan Barry & Dennis Johnson
 Jon James McGlinchey son of Laurie and James McGlinchey, brother of Crystal Chambers
 Andrew Geljookian son of Nancy & John Geljookian
 Tiffany Marie Hines daughter of Jeff and Debbie Hines
 Brian Lawlor son of Linda & Tom Lawlor
 Glenn James McCloy son of June and Jim McCloy
 Jamison John Riggio grandson of Francesca Riggio
 Amanda Louise Nadeau daughter of Julia Rodriquez & Louis Nadeau

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

	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, 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 Aram
Thinking of you on your March birthday
You would be turning 48 years old
You were so very loved.
Love, Mom & Dad
- Pat & Garabet Karakashian

In memory of Christian E. Frechette,
we love you, we miss you
Always in our hearts,
Mom, Dad, Cam, Ashton, Caden, Reese, Reegan and Nana
-Janet M Frechette

Patricia Gail
Remembering you on your March birthday
Always remembered and never forgotten.
Love Mom & Dad
- Elaine & John Kingston

(Feb Correction)
In loving memory of SPC David Mulno,
Son of Cathy Mulno

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 April newsletter must be received by March 15th.

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

What are the symptoms of grief?

Grief can include both emotional and physical symptoms. There is a big overlap with symptoms of depression. For example, emotional symptoms may include the following:

Emotional symptoms of grief may include the following

- Anger
- Anxiety and panic attacks
- Blame
- Bargaining
- Confusion
- Denial
- Disorganization
- Fear
- Guilt
- Irritability
- Loneliness
- Numbness
- Sadness
- Shock

Physical symptoms of grief may include the following

- Crying spells
- Diarrhea
- Dizziness
- Fast heartbeat
- Feeling like there's a lump in your throat
- Hallucinations (e.g., seeing images of the dead person)
- Headaches
- Hyperventilating
- Nausea
- Not feeling hungry
- Restlessness
- Shortness of breath
- Sleeping problems
- Tightness in your chest
- Tiredness
- Weight loss or gain

How long does grief last?

You'll probably start to feel better in 6 to 8 weeks. The whole process can last anywhere from 6 months to 4 years. If you feel like you're having trouble dealing with your emotions, ask for help. People who can help include friends, family, clergy, a counselor or therapist, support groups, and your family doctor.

How do I tell the difference between normal grief and depression?

The symptoms of grief and the symptoms of depression are quite similar. While it's normal for you to feel sad after a loss, the feelings associated with grief should be temporary. If you don't start to feel better as time passes, if your feelings begin to disrupt your daily life, or if you start to think about hurting yourself or others, talk to your family doctor. These can be signs of depression. Your family doctor can help you treat depression so you can start to feel better.

How do I know when I'm starting to feel better?

You may start to feel better in small ways. For example, you may find it's a little easier to get up in the morning, or you may have small bursts of energy. This is the time when you'll begin to reorganize your life around your loss or without your loved one. During this time, it may feel like you go through a series of ups and downs. You may feel better one day, but worse the next day. This is normal.

Eventually, you'll begin to reinvest in other relationships and activities. During this time, it's normal to feel guilty or disloyal to your loved one because you're moving on to new relationships. It's also normal to relive some of your feelings of grief on birthdays, anniversaries, holidays, and during other special times.

*To my child . . .
gone too soon,
You are my FIRST THOUGHT
every morning
And my LAST THOUGHT
every night.*



**The
Compassionate
Friends**
Supporting Family After a Child Dies

You can do the
IMPOSSIBLE,
*because you have
been through the*
UNIMAGINABLE.

Christina Rasmussen



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

We tend to look at life through the “lens of grief” after the death of a child. We have a figurative scale in our hands that weighs the happenings of life against the experience we have had. For a time task that we used to feel important may not be so much anymore.

Because we have survived the worst we will be able to continue on in time, and possibly reach out to help others. Our child, grandchild and siblings death have changed us in many ways and has also taught us the true meaning

of life. -Karen Cantrell, TCF-Frankfort, KY



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 –March, 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
tfnoshorenews@gmail.com