



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

May 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 at 7:30 PM on:

Monday - 5/1/17 (passed)
Sibling Panel
Facilitated by:
Vanessa & David P.

Wednesday - 5/17/17
Open Sharing Session
Facilitated by:
Carmen & Regan
-and-

Sibling Group
Journey of Self Discovery –
How Grief Has Changed Us
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
Tjmorse521@gmail.com



*The May Website is
Sponsored*

In memory of

ERIC KRASKER

*Eric,
Love you to the moon & back,
always & forever*

Mom, Dad, & Lynne

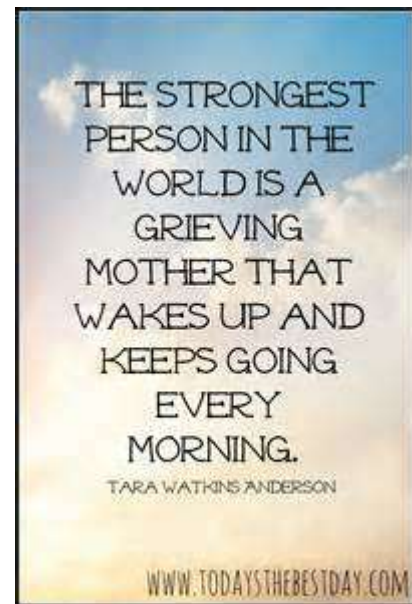
-and-

BOBBY MOORE

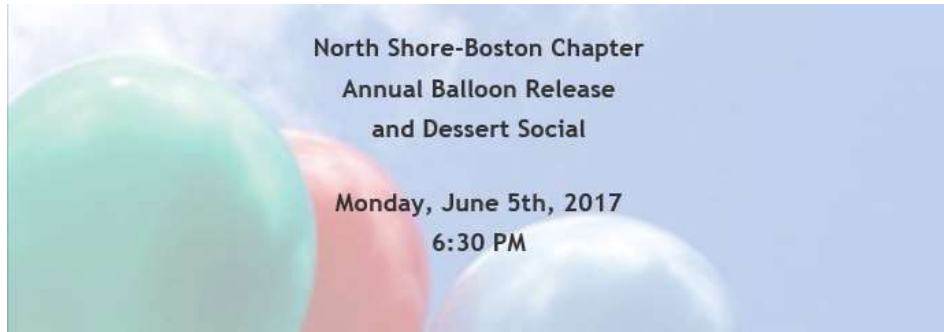
*To my special son . . .
We had so much fun together,
skiing, camping
and just spending time together.*

*Missing you on your 43rd Birthday
and what will shortly be
the 26th Anniversary.*

Love, dad



Upcoming Events



Our Annual Balloon Release will be held this year on our regular 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. Thank you!

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](#)

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

Native American Prayer

I give you this one thought to keep -
I am with you still - I do not sleep.
I am a thousand winds that blow,
I am the diamond glints on snow,
I am the sunlight on ripened grain,
I am the gentle autumn rain.
When you awaken in the morning's hush,
I am the sweet uplifting rush,
of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not think of me as gone -
I am with you still in each new dawn.

Author: Native American Prayer

*As I sit in Heaven
and watch you everyday
I try and let you know with signs,
I never went away.*

*I hear you when you're laughing,
and I watch you as you sleep,
I even place my arms around you,
to calm you as you weep.*

*I see you wish the days away,
begging to have me home,
So I try and send you signs,
so you know you're not alone.*

*Don't feel guilty that you have life,
Life that was denied to me,
Heaven is truly beautiful,
just you wait and see!*

*So live your life, laugh again,
enjoy yourself, be free
Then I'll know with
each breath you take,
you'll be taking one for me.*

all-greatquotes.com



THIS BEREAVED MOTHER'S DAY

Let us recognize all mothers who have lost a child

Let us acknowledge their strength and eternal love

Let us remember their beautiful children today and always

The Sacred Sunshower

Our Children Remembered



Christopher Burke son of Dotty and David Burke
 George Silva son of Ester Boulanger and stepson of Bob Boulanger
 Courtney Marie Corning daughter of Ginny & Jack Corning
 Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas
 Kara Lynne Irving daughter of Jean and Jerry Irving
 Eric Howard Krasker son of Barry and Cheryl Krasker
 Olivia Mary Marchand daughter of Jody Marchand
 Bobby Moore son of Jeff Moore
 David Mulno sibling of Alyssa Mulno
 Eric Joshua Smith son of Stacey and Bill Smith



Sheryl Lynn Becker daughter of Millie & Jerry Becker
 Adam Cole son of Carol Cole
 Dominic Cordima son of Tom and Mary Cordima
 Edward Michael Hedrington son of Jo Hedrington
 Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos
 Eric Joshua Smith son of Stacey and Bill Smith
 Donald Tottingham son of Mal and Bobbie Tottingham
 Sheryl Ann Meehan daughter of Don and Eileen Veitch

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

	<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



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 May**.

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

From: I Will Not Say Goodbye

by Danny Gokey

*I don't want to feel better
I don't want to not remember
I will always see your face
In the shadows of this haunted place
I will laugh, I will cry
Shake my fist at the sky
But I will not say goodbye*

*They keep saying time will heal
But the pain just gets more real
The sun comes up each day
Finds me waiting, fading, hating, praying
If I can keep on holding on
Maybe I can keep my heart from knowing that you're gone*

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 –May, 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