



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

May 2019

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 – 5/6/19
Two Groups – Men and Women
Facilitators: Reggie & Tim / Cindy & Carmen

Wednesday – 5/15/19
Open Sharing
Facilitator: Regan

-and-

Sibling Group – When people ask, "How's Your Mother?"

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

Newsletter Editor: Regan Lamphier, Eden Paul
tcfnoshorenews@gmail.com

The May website is sponsored In Memory Of

ERIC SMITH

*Eric,
you will always be
loved and remembered.*

Mom

-and-

GEORGE SILVA

*Happy Birthday in Heaven,
George,
We miss you so much
and you are always
in our hearts.*

Love, Mom, Bob and Family

Our Children Remembered



George Silva son/stepson of Ester and Bob Boulanger
Christopher Burke son of Dotty and David Burke
Courtney Marie Corning daughter of Ginny & Jack Corning
Jennifer Gianocostas daughter/stepdaughter of Skip and 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
Eric Joshua Smith son of Stacey and Bill Smith

May Angel Dates

Sheryl Lynn Becker daughter of Millie & Jerry Becker
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.

Child's Name: _____ Birth Date: _____ Angel Date: _____

Parents: _____

Send to: David Paul 48 Castle View Dr, Gloucester, MA 01930

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

Mother's Day Revisited

Many of us in TCF do not look forward to Mother's Day. On this holiday, when the whole nation is celebrating the joys of parenthood, grieving parents often feel a special anguish.

Mother's Day this year looms as a particularly difficult milestone for me. Sunday, May 10, 1998, is not only Mother's Day but also the second anniversary of the death of my ten-year-old son, Jacob. Because this day of private sadness also happens to be a day of public celebration, I decided that I should start thinking early about the occasion. I engaged in a little research about the holiday and learned a story that I think is worth sharing.

Mother's Day was the creation of a woman named Anna Jarvis in the early years of the twentieth century. Anna, who never married and never had children of her own, devoted herself to establishing a national Mother's Day as a way of honoring her beloved mother, who died on May 9, 1905. In Anna's view, her mother deserved a memorial because she had lived selflessly and endured considerable suffering—seven of her eleven children had died in early childhood.

According to historians, Anna's mother mourned the deaths of her children throughout her life.

Anna insisted that the holiday always fall on a Sunday so that it would retain its spiritual moorings. Because of her efforts, President Woodrow Wilson finally proclaimed the second Sunday in May as Mother's Day. Although Anna couldn't prevent the new holiday from quickly becoming a marketing phenomenon, she did try. Speaking out against "the mire of commercialization" that threatened to engulf Mother's Day, Anna attempted to preserve her creation as a true "holy day," a time for solemn reflection and prayer.

Mother's Day, then, was borne of a daughter's grief and love. More importantly, it was intended as a tribute to a bereaved mother—a brave woman who lost multiple children but who managed to live with an abiding kindness and generosity toward others. I like knowing this background; my attitude towards Mother's Day has been colored by the knowledge.

The holiday now makes me think of the common sorrow that links all bereaved parents. I feel a bond with Anna's mother that stretches over time and space. In a broader sense, the woman for whom the holiday was founded reminds me of people I've met at TCF who have continued to live productive, meaningful lives in the face of unthinkable loss.

Finally, Mother's Day in its origins symbolizes both the joy and the vulnerability inherent in parenthood. Anna's mother knew all too well from the moment a child is born, hope and the possibility of tragedy go hand in hand. She understood the fragility of life.

Enriched by its own history, Mother's Day is easier for me to tolerate. The coincidence of dates this year—Mother's Day and the anniversary of my son's death—is not as jarring as it once seemed. Although the commercial images of the modern Mother's Day still make me wince, I can turn off the television and envision the kind of day that Anna Jarvis had in mind: a time for quiet reflection and the sharing of cherished memories.

Barbara Atwood

In memory of Jacob

TCF Tucson, AZ

A Letter from Regan Lamphier

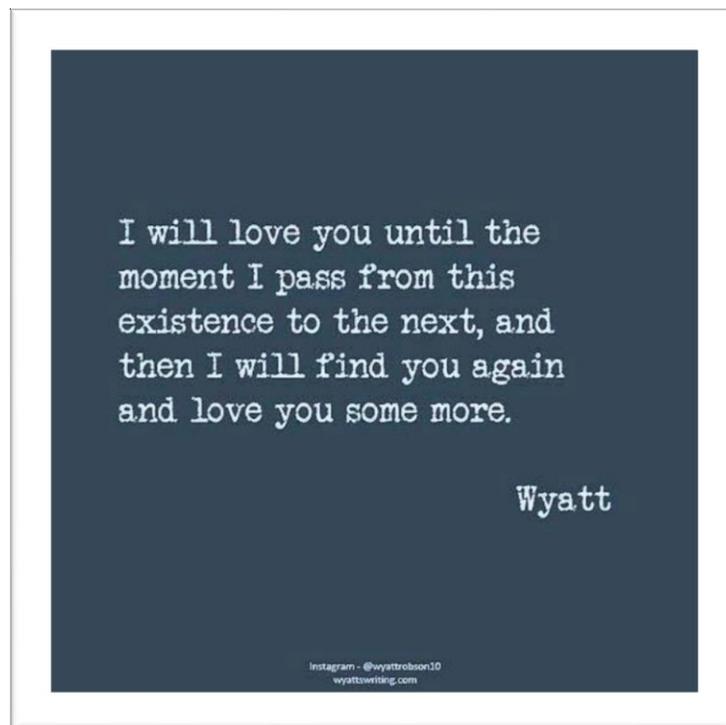
When my son Ethan passed away suddenly, I didn't know if I could survive another minute without him. It was tremendously painful to realize that the people around me could not comprehend the depth of agony that I was feeling. The Compassionate Friends got me through those first terrible months. Merely being in a room with other bereaved parents gave me the space to breathe and the courage to keep going.

Four years later, I still come to meetings regularly. There are several reasons that TCF continues to be an important part of my life. I remember the crushing, unbearable grief of those early days. It is no exaggeration to say we are walking through hell in the beginning. Now, I want to be present to help other families in any way I can.

I come for myself too. This is more difficult to explain. I am not stuck; I have worked hard to come to terms with the grief I will always carry. I enjoy the life I have now, and I am truly happy most of the time. That is because Ethan is still absolutely an essential part of my life. He is in my heart and mind all day, every day. Parents with only living children simply cannot understand what it means to love a child who is no longer here on earth. Most people believe that I have healed and moved on. They marvel at my power to survive, but never realize that the source of my strength and happiness is my ongoing relationship with Ethan.

TCF is the only place where that relationship and my identity as a bereaved mother are acknowledged and appreciated. In a world that cannot accept that both my love and grief are eternal, it is a precious gift to be among friends who know who I really am. When I walk into a TCF meeting everyone sees Ethan's mom, and that feels wonderful!

Regan Lamphier
North Shore-Boston Chapter
North Reading, MA



	<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, 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
North Andover	Catherine Olson, daughter, 27, pedestrian accident	978-681-8341
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

Upcoming Events



TCF North Shore-Boston Spring Event

Flowers on the Water

A Celebration of Our Children's Lives

Monday June 3rd 2019 (Rain or Shine)

6:30PM to 8:30PM

Optional Sharing Meeting to Follow at 8:30PM

Ceremony at Ipswich River Park, North Reading MA - Starts at 6:30 PM

Pot Luck Dinner to Follow at Aldersgate United Methodist Church, North Reading MA

The *Flowers on the Water* event will include readings and then continue with chapter members releasing flowers onto the river in their child's or sibling's memory. The chapter will provide flowers representing each child's birth month. We will then proceed to the Aldersgate Church where we will be holding a Pot Luck dinner for all chapter members. You are invited to bring a food in your child or sibling's memory. This may be their favorite food or a food that reminds you of your relationship with them.

More details of the event will be posted on the chapter website and our Facebook page. Also if you would like to volunteer or have questions please contact Melinda at happyhiker63@aol.com

42ND TCF NATIONAL CONFERENCE JULY 19 - JULY 21



The 42nd TCF National Conference will be held in Philadelphia, on July 19-21, 2019 at the Philadelphia 201 Hotel. “Hope Rings Out in Philadelphia” is the theme of this year’s event, which promises more of last year’s great National Conference experience. For more details please visit the national website as well as on the [TCF/USA Facebook Page](#).

- Choose from nearly a hundred different workshops and sharing sessions, given by professionals and also individuals just like you.
- Take advantage of “Healing Haven” to receive free personal services such as a massage.
- Craft items to commemorate the love for your family member in the “Crafty Corner”.
- Step away for a quiet moment of pause in the “Reflection Room”.

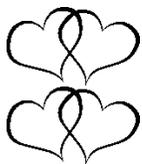
CONFERENCE REGISTRATION

Pre-registration Rates (*ends June 15th*)

Adult – \$125.00
Senior (65+) – \$115.00
Active Military – \$75.00
Full-time College Students (with ID) – \$60.00
Child – \$60.00

Onsite Registration Rates (*after June 15th*)

Adult – \$145.00
Senior (65+) – \$135.00
Active Military – \$95.00
Full-time College Students (with ID) – \$80.00
Child – \$80.00



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.

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, c/o Millie Becker, 14 Harris St. Unit #1, Salem, MA 01970. You may also 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: _____

OUR SIBLING GROUP

Please be aware that our chapter has a wonderful group of bereaved siblings that meet on the 3rd Wednesday of each month. The meetings begin at 7:30PM and take place in one of the classrooms at the Aldersgate United Methodist Church (same facility as our other chapter meetings). While all siblings are welcome the typical age of the attendees is from 20 yrs to 40 yrs. If you have any questions about the sibling group please feel free to email Vanessa at vanessascioli@yahoo.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
c/o Millie Becker
14 Harris St. Unit #1
Salem, MA 01970

RETURN SERVICE REQUESTED

DATED MATERIALS
PLEASE FORWARD



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NEWSLETTER – May 2019



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