



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

November 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 - 11/6/17

Men's Group

Facilitated by:

TBD

-and-

Women's Group

Facilitated by:

TBD

Wednesday - 11/15/17

Open Sharing Session

Facilitated by:

TBD

-and-

Sibling Group

Honoring Our Loved Ones During the Holidays

Facilitated by:

TBD

Chapter Leader: David Paul

978-771-6345

tcfnorthshoreconnect@gmail.com

Newsletter Editor: TBD

tcfnorthshorenews@gmail.com

Regional Coordinator: Tom Morse

508-572-3038

Tjmorse521@gmail.com

The November Website is Sponsored



In memory of

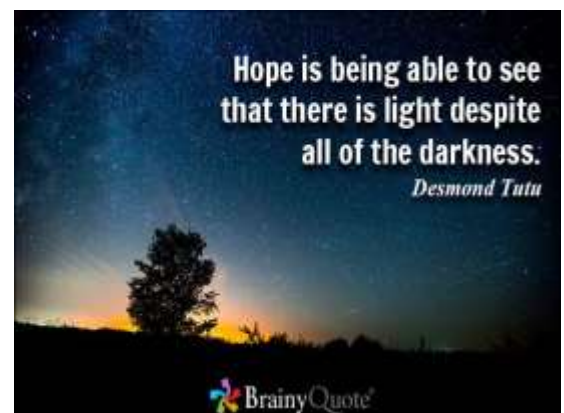
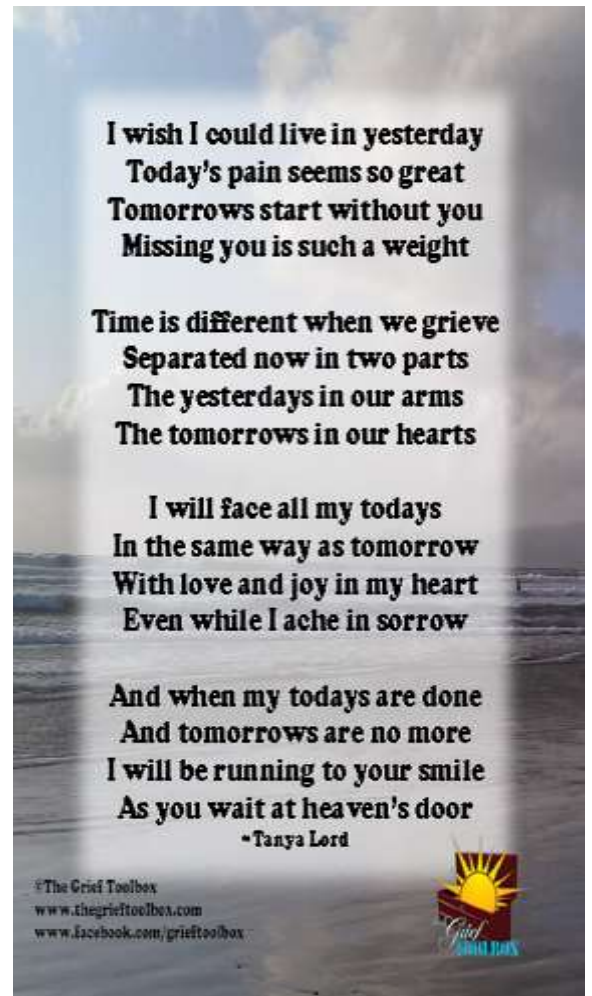
GEORGE SILVA

*Dear George,
Losing you and learning to live
without you is the hardest thing
we have ever endured
in our lives.
We just miss you and
love you so much.
Forever in our Hearts,
Mom, Bob, Aimee, Gus,
Family and Friends*

EMILY ANNE DRISCOLL

*Ten years have passed
in what seems like ten seconds.
The time gone by mutes at times
the searing pain of your loss;
it has not diminished the heartache
we feel each day, however.
Only the grace of your life well lived
and the example you set
for us to live on,
inspired by the breadth
of your imagination,
the force of your courage
and the depth of your love for us
and we in turn for you,
guide our efforts each day.
Stay close to us . . .
we love you eternally*

*Jessie and Wayne,
David Anthony, Abby,
your Mum and Dad*



Our Children Remembered



November Birthdays

Theodore K. (Todd) Cathcart III son of Ted and June Cathcart
Jon James McGlinchey son of Laurie and James McGlinchey, brother of Crystal Chambers
Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas
Jared Linzey son of Sharyn & Tom Linzey
Harold E. Williamson son of Sandra Williamson

Missed October Birthdays:

James Vincent Barreira son of Susan Barreira
Christian E. Frechette grandson of Janet Frechette



November Angel Dates

Nicholas Ryan Amirault son of Rick & JoAnne Amirault
Michael Amorella son of Peter & Patricia Amorella
George Silva son/stepson of Ester and Bob Boulanger
Emily Anne Driscoll daughter of David F. Driscoll and Rosanne Benedetto Driscoll
Thomas "Scott" Gray son of Laura Gray
Jeffrey Thomas Middlemiss son of David & Joyce Middlemiss
Penney Richards daughter of Dave & Penny Richards
Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi
Brett Wayne Thomas son of Susan and Wayne Thomas

Missed October Angel Dates:

David Conant Siljeholm son of Anita Siljeholm
Theodore K. (Todd) Cathcart III son of Ted and June Cathcart
Daniel Noah (Danny) Fine son of Gail and Stephen Fine

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



Love Notes



This section is reserved for personal messages in memory of our children

From Cheryl Coss

In Memory Cadyn Douglas

Happy Thanksgiving Birthday Baby.

Each day I am so Thankful for you, my little turkey.

I wish you peace and gift you Love.

Always, All ways Mommy xoxoxo

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 December newsletter must be received by the 15th of **November**.

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



Upcoming Event

21st Annual Worldwide Candle Lighting December

(Please send photographs for inclusion of your loved ones in our slide show, see details below.)

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 pm local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon.

Now believed to be the largest mass candle lighting on the globe, the 21st annual Worldwide Candle Lighting, a gift to the bereavement community from The Compassionate Friends, creates a virtual 24-hour wave of light as it moves from time zone to time zone. TCF's WWCL started in the United States in 1997 as a small internet observance, but has since swelled in numbers as word has spread throughout the world of the remembrance. Hundreds of formal candle lighting events are held and thousands of informal candle lightings are conducted in homes as families gather in quiet remembrance of children who have died, but will never be forgotten.

Slide Show photos now being accepted thru December 1st.

In December, we will hold our annual Candle Lighting Remembrance for our children. During the service, we will present a slide show with pictures of the children of our chapter. If you would like to include your child, please send up to three photographs for insertion. Pictures should be 5"x7" or smaller and should be as close to their age at the time of death as possible. Photos must be received by December 1st in order to be included in the slide show. Please send the following information with the picture: child's name, birth and death dates, and age at time of death. Photos should be sent to: tcfnoshorenews@gmail.com (Preferred method) or by mail to:

Cindi Bolivar, [28 Colburn Road, Reading, MA 01867](mailto:tcfnoshorenews@gmail.com)

Please do not send original photos by mail – please print copies if you choose this method.



STORY FROM THE NATIONAL CONFERENCE

By Regan Burke (North Shore TCF Member)

I was so nervous about going to The Compassionate Friends National Conference in Florida. As the big weekend approached I felt I was constantly on the verge of a panic attack. I kept asking myself what good could possibly come from spending three days focusing on the endless grief I feel since my son's death. Who in their right mind would want to spend three whole days thinking about how sad they are?


I was completely wrong about the conference. Halfway through the opening ceremonies I knew coming to Florida was the right decision. Tears were streaming down my face with the first notes from one of Alan Pederson's heartfelt songs. I looked around and saw hundreds of other people with tear stained cheeks, but the room was filled with hope rather than sadness. We were remembering our kids together. Witnessing the grief we all share, and the love that will never be defeated by death gave me a tremendous sense of community. This is something that was stolen from me along with my son: Countless times since his death, I have felt alone in a crowd, and even with close family. I can't help but feel jealous of the lucky people who still have all their children here on this earth. However, not at the conference – here I was one of many, surrounded by others who know this unspeakable pain. The power of that moment will stick with me for years to come.

There were lots of great speakers and workshops in Florida, and I have many stories to tell about my experiences at the conference. I am looking forward to sharing my thoughts with all of you over the next several months. Take care and please remember you are never truly alone once you have found The Compassionate Friends.



Help Wanted: Our newsletter editor has decided to step down for personal reasons, and we are, once again, in need of someone to produce the monthly newsletter. If you are interested, please contact [David Paul](mailto:tcfnoshoreconnect@gmail.com)

TELEPHONE CONTACTS

	<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 style="text-align: center;">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
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
Salem, NH	Regan Burke, son, 8, pneumonia/cardiac arrest	603-264-9391
Winchester	Reenie McCormack, son, 20, drowning	781-729-1878
Wilmington	Debbie Daly, son, 33, melanoma (skin cancer)	978-988-7933
Woburn	Nancy Whipple, son, 22 months, cancer	781-938-5840

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 –November 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