



# *The Compassionate Friends*

## *North Shore-Boston Chapter*

### **Supporting Family After a Child Dies**

Newsletter

October 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 1<sup>st</sup> Monday and 3<sup>rd</sup> 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  
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[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)



#### **Upcoming Meetings**

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

**Monday 10-2-17**  
**Voices from our Hearts**

Facilitated by:  
TBD

**Wednesday – 10-18-17**  
**Open Sharing Session**

Facilitated by:  
TBD  
-and-

**Sibling Group**  
**How We Cope**

Facilitated by:  
TBD

Chapter Leader: David Paul 978-771-6345  
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*The October Website is Sponsored  
In memory of*

**JED LAZAR**

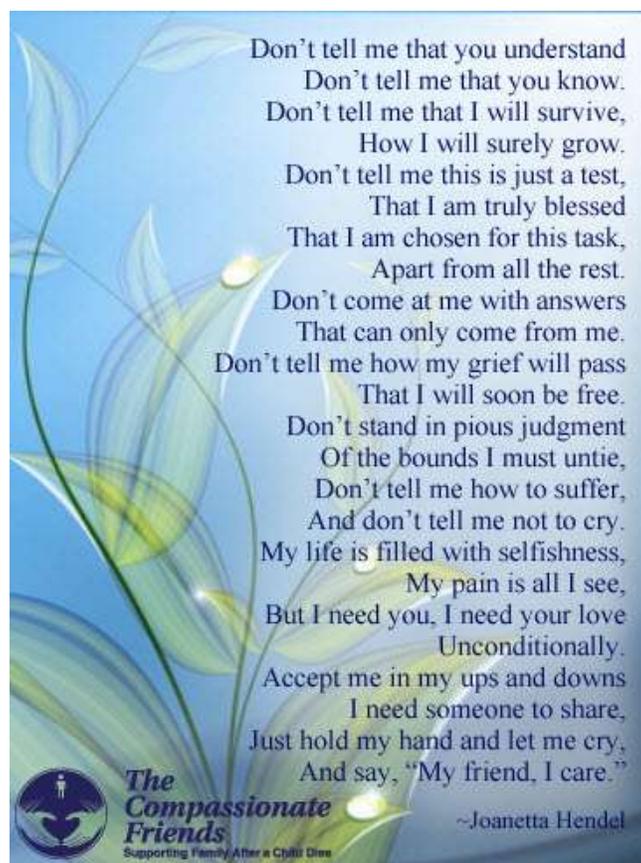
*You can shed tears  
that he is gone,  
or you can smile  
because he has lived.  
You can close your eyes  
and pray that he'll come back  
or you can open your eyes  
and see all that he has left.  
Your heart can be empty  
because you can't see him,  
or you can be full  
of the love you shared.  
You can turn your back on tomorrow  
and live in yesterday  
or you can be happy for tomorrow  
because of yesterday.  
You can remember him  
only that he is gone  
or you can cherish his memory  
and let it live on.  
You can cry and close your mind,  
be empty and turn your back,  
Or you can do what he would want:  
Smile, open your eyes, love and go  
on.*

**Sharifah Nor**

We are trying, Jed.  
We miss you very much.  
With love from Dad, Mom,  
Erika, Britt  
and everyone who feels your loss

The reality is that you will not grieve forever. You will not "get over" the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again, but you will never be the same. Nor should you be the same, nor would you want to be.

Elizabeth Kubler-Ross and  
John Kessler



Don't tell me that you understand  
Don't tell me that you know.  
Don't tell me that I will survive,  
How I will surely grow.  
Don't tell me this is just a test,  
That I am truly blessed  
That I am chosen for this task,  
Apart from all the rest.  
Don't come at me with answers  
That can only come from me.  
Don't tell me how my grief will pass  
That I will soon be free.  
Don't stand in pious judgment  
Of the bounds I must untie,  
Don't tell me how to suffer,  
And don't tell me not to cry.  
My life is filled with selfishness,  
My pain is all I see,  
But I need you, I need your love  
Unconditionally.  
Accept me in my ups and downs  
I need someone to share,  
Just hold my hand and let me cry,  
And say, "My friend, I care."

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

~Joanetta Hendel

## Our Children Remembered



Brian Lawlor son of Linda & Tom Lawlor  
 Kristin Michelle Lucia daughter of Isis Lucia-Hart  
 Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos  
 Katy Warde daughter of Peg Warde



Patricia Gail Kingston daughter of Elaine and John Kingston  
 Michael Edward Lindberg Jr son of Sylvia & Michael Lindberg  
 Kristin Michelle Lucia daughter of Isis Lucia-Hart  
 Erik Sean Rakos son of Frances Rakos

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](mailto: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><b>Please be considerate in the timing of your calls to these volunteers.</b></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

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# Love Notes



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

**From Elaine Kingston. In Memory of Patricia Kingston. Thinking of you on the Anniversary 23 October 7th. Your Dad passed away on June 24. You are now together and watching over each other. With love Mom & Family**

**From Gail and Stephen Fine. In Memory of Daniel "Danny" Fine ."The real voyage, whatever the boat is into the soul"\* Remembering our son & brother on his 19th anniversary with much love. May his memory be a blessing Mom, Dad, Aron & Rebecca \*From MIND OVER WATER by Criag Lambert.**

**From Janette Frechette. In Memory of Christian E. Frechette. You never said I'm leaving. You never said good-bye, You were gone before we knew it and only God knows why. It broke our hearts to lose you but you didn't go alone. A part of us went with you the day God took you home. Mom, Dad, Cam, Ashton, Caden, Reese, Reegan & Nana**

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 July newsletter must be received by the 15th of October . **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*

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**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.**

## Upcoming Event

The MassWalk2Remember is holding its annual event on October 14th, 2017. Last year many members of our chapter participated and found it to be a moving experience. The event also serves as our chapter's largest fundraiser. This year we expect a number of other chapters to participate as well. Please feel free to use the event announcement below to post and make others aware of the MassWalk2Remember



**Join us**

Honor Your Journey  Guided by Loved Ones

**MassWalk2Remember**

**When:** Saturday October 14th

**Where:** Deer Island, 190 Tafts Ave. Winthrop, MA 02152

**Time:** 8:00 am Check-in  
9:00 am Remembrance Ceremony  
10:00 WALK

**Registration:** [www.EventBrite.com](http://www.EventBrite.com)

**Lookup:** 2017 MassWalk2Remember

**Cost:** Free for 0-18 years, \$25 for 19+ paid reg includes event T-shirt

**Fundraise/ Donate on Crowdrise to Benefit**  
**The Compassionate Friends**

Search for 2017MassWalk2remember

**For more Info Check:** [www.tcfnorthshore-boston.org](http://www.tcfnorthshore-boston.org)

**Email:** [Masswalk2remember@gmail.com](mailto:Masswalk2remember@gmail.com)

## Photos from Portraits of Loss @ TCF National Conference/ newsletter contribution

This year at the National Conference, me and some other North Shore Chapter members were fortunate enough to meet and actually get to take photos with Barbara from Portraits of Loss. Barbara Hopkinson, a TCF chapter leader for Newburyport, started Portraits of Loss so bereaved individuals could have another way to express their love and their pain. There were so many at the conference that wanted to share in this experience, it was incredible that we were all able to get our own taken as well a group shot that she generously donated to our chapter. Both taking the photos and viewing them after was an incredibly powerful experience for me. You choose any text/message that you'd like, that has some significance to you, your loved one, or between you and your loved one and her volunteers write it on your person, or NOT for those who just want a photo. Once you're ready you stand on your own, or alongside another friend, loved one, in this case compassionate friends and you let the camera be your witness and your mirror.

The telling is in the taking of the photo and the listening is in the viewing once it's received from Portraits of Loss. We often speak of how we can't see how we or our grief has changed because we feel stuck, and if we have no one that's there to give us feedback we also wonder if we've progressed at all in our journey. For me, this was a great experience and the truest feedback I could have gotten from the most important person in my grief journey. It also, provided me a tangible piece of evidence that I can look back on and remember when...**I was there.**

Words can't explain the experience, but I was so moved that I connected with Barbara to ask if she could attend this year's walk. Luckily she is available and walk fees will cover the expense for her photo booth. So even if you can't walk at this year's event, perhaps a photo like this can help you in your journey, as a frame of reference (pun intended) both to acknowledge where you are in this moment, and how far you've come at a future date when you look back. I hope you too can share in this lovely experience at this year's walk.

Cheryl Coss

TCF North Shore Chapter members at the 40th TCF National Conference in July. Thank you Regan, Bob, Ester, and Cheryl for attending.



**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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*North Shore-Boston Chapter*  
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**NEWSLETTER –October 2017**



National Website: [www.compassionatefriends.org](http://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](http://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](mailto:tcfnoshorenews@gmail.com)