



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

April 2023

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 via Zoom Online at 7:00PM. We also hold an in-person meeting on the 4th Wednesday of each month at the Aldersgate Methodist Church, 235 Park Street, North Reading at 7:00 P.M. We are a self-sustaining organization with no funds except what we receive through donations from members and newsletter recipients. Please join 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.
48660 Pontiac Trail #930808
Wixom MI 48393
Toll-free: 877-969-0010
PH: 630-990-0010
FAX: 630-990-0246**

www.thecompassionatefriends.org

Upcoming Meetings

**Wednesday, 4/26/23
7:00 PM**

In-Person Meeting (meeting will be limited to 15 participants)
Please contact tcfnoshoreconnect@gmail.com if you would like to attend
Topic: Circumstances of Our Loss (Panel Presentation)
Facilitators: TBD

**Monday, 5/1/23
7:00 PM**

Online Video Meeting
Please contact tcfnoshoreconnect@gmail.com if you would like to participate
Topic: Open Sharing Session
Facilitators: TBD

**Sunday, 5/7/23
1:30 PM**

SPRING EVENT

Wednesday, 5/17/23

Online Video Meeting - 7:00 PM
Please contact tcfnoshoreconnect@gmail.com if you would like to participate
Topic: Open Sharing Session
Facilitators: TBD
-and-
Sibling Group Online Video Meeting - 7:30 PM
Please contact Aimeeb15@gmail.com if you would like to participate
Topic: Open Sharing Session

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

Newsletter Editors: Eden Paul and Regan Lamphier 603-264-9391
tcfnoshorenews@gmail.com

Regional Coordinator: Dennis Gravelle 978-532-2736

RYAN J. GILLIGAN

I try not to think of you as gone
But instead on a new
glorious journey beyond this life
Free from the struggles
and pain of this world
In a place of warmth and comfort
Where there are no days or years
And I think of you as living
in the hearts of those you touched
For nothing loved is ever lost
and you were loved so much
You are missed every day

Love, Mom

-and-

ERIC HILL

My sweet boy –
I miss you every day.
Your beautiful smile, silly laugh
and your enormous love
stay with us always.
Best boy ever.
Love you to the moon and back,
sweetie pie.

Love always, Mama xoxo



You Don't Get Over It - You Carry It
By Gary Sturgis - "Surviving Grief"

Everyone expects you to eventually stop grieving at some point...right? They think it can't possibly be healthy to grieve someone you lost for too long.

Wrong!

You'll grieve the one you lost forever. Why? Because love is forever. So do you know why you'll never get over it? Because 'it' is the one you love.

What you learn to do is live with the grief. The pain, visible or not, stays with you forever, until you take your last breath. You may wonder how long the grief will last. The truth is that healing comes slowly...but it does come.

Nothing can replace the person you lost, and yet gradually you'll find you're able to continue with life, and start to feel happy at times, while remembering the one you love and lost.

Grief comes in waves...and you'll have dark days when it seems as though nothing can ever be right again. But there will also be better days when the pain eases, and it's possible to begin to hope and believe in the future again.

Some people find it easier to show their feelings than others, but nearly everyone finds at some stage that it helps to talk. So talk about your loved one every chance you get. This can be to friends, relatives, or by seeking professional help.

There's no magical invisible wall clock that's ticking pressuring you to get over it. You're allowed to take as much time as you need to heal.

Don't think that you have to get back to 'normal'...that will never happen. The pain you feel when you miss them is never going to go away, but that's okay. You're stronger than you've ever been in your life, and you're capable of doing things that you were never capable of doing before.

Here's the thing.....you don't get over it...you carry it.

You'll never get over it, because 'it' is everything you loved about the person who died. It's all the memories and time spent with them.

Just remember that the decision to start the healing process is entirely up to you. So when you're ready...get out there and take a chance on yourself.



After you died
all things changed.

Dust collected
around the house
payments went unpaid
and calls unreturned.

Casseroles went uneaten
teeth unbrushed
plants unwatered
'thank you' cards, unmailed.

After you died
the smell of rain disappeared birds lost their melody
stones turned to ash
and clouds to concrete
the sky surrendered its blue
grasses withered and trees fell.

After you died
a part of me did, too
and what remained
collapsed under the weight
of your constant absence

All things changed.

And, I realized that
all things had to change
because my world
could not remain
the same without you.

Sameness would not sufficiently honor the holiness of your mark
upon my heart
the longing
for every part of you
even parts I would never know.

After you died
all things changed.
All things changed except my love for you.

-Dr. Joanne Cacciatore missfoundation.org

Our Children Remembered




Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero Brother of Reid Lavoie
John Arthur Driscoll son of John and Susan Driscoll
Kristina Corina Latham daughter of Kerry and Kevin Latham sibling of Josh Latham
Charlotte Mae Martin daughter of Kara Paine
Thomas "Scott" Gray son of Laura Gray
Christopher Warner Fennelly son of Laurie Malonson & George Fennelly
Lia Madigan daughter of Maile and Daniel Madigan
Matthew Dalimonte son of Patti Dalimonte
Ryan James Gilligan son of Paula Gilligan
Jimmy Kiriakos son of Sandy Tsakirgis
Colin Ambrose McComber son of Shari McComber
Aaron Joseph DiBella son of Suzanne DiBella
Andrea Martocchia son of Diana and Paul Martocchia
Xavier Salaman son of Susan Salaman
Julia Ann Forman daughter of Patricia Foreman Powell and step daughter of Robert Powell
Daria Elise Pearlman daughter of Jill Pearlman
Edward Chretien son of Donna Chretien
Brandon Ste, Croix son of Andrea Green



Ricardo Melo son of David and Theresa Melo
Tanya Jean Duncan daughter of Dawn Lee Black and Dan Golan
Brian T Wilson son of Linda Wilson
Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero Sibling of Reid Lavoie
Charlotte Mae Martin daughter of Kara Paine
Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas
Alexander John Whipple son of Richard and Nancy Whipple
Reid Robert Sacco son of Gene & Lorraine Sacco
Eric Hill son of Peggy & Tom Hill
Bryan Robert Cadigan son of Debbie Daly
Marquis Bergendahl son of Pauline and Chris Whynot
Craig Gentleman son of Mary and Jack Gentleman
Kenneth Barclay son of Rache
Gabriel Feld son of Phyllis Feldl and Philip Barclay
Lenardo Clement son of Muriel Clement



	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, son, 3 days, anencephaly; son, 11, boating accident	978-998-4087
Reading	Sheila Thabet, son, 19, Pedestrian accident, Son 20, accidental overdose	781-670-0335
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

A GARDEN FOR OUR CHILDREN

The TCF North Shore-Boston Spring Event, **A Garden For Our Children**, will take place on **Sunday, May 7th from 1:30-3:30 PM** at the Aldersgate United Methodist Church, 235 Park St., North Reading MA 01864.

The date of this year's Spring Event happens to be the same date as **International Bereaved Mother's Day**.

Flowers will be supplied and will be planted in the garden area to the right of the church's main entrance. Our volunteers will plant the flower you select in the garden for you and your family. There will be wooden popsicle sticks available on which to write the name of your child, grandchild or sibling, which will be planted next to their flower. This Flower Garden for Our Children will be a beautiful addition to the church's entrance area.

Please feel free to bring your family and friends. We will provide water and individually bagged snacks. All COVID guidelines will be adhered to while we join together outside the church. This will be a rain or shine event. If needed, bring an umbrella or clothing to deal with the weather. We hope for sun.

If you are unable to make the event and want a flower planted in honor of your child, grandchild or sibling, please email tcfnorthshoreconnect@gmail.com by 5/1/23 and provide the name you would like to have written on the popsicle stick.

If you have any questions, please email tcfnorthshoreconnect@gmail.com or call **Tim Glendinning** at (908)-902-8631.



TCF North Shore-Boston Spring Event
"A Garden For Our Children"

A GARDEN FOR OUR CHILDREN

Sunday, May 7, 2023

1:30 - 3:30 PM

Aldersgate United Methodist Church

235 Park Street

North Reading, MA

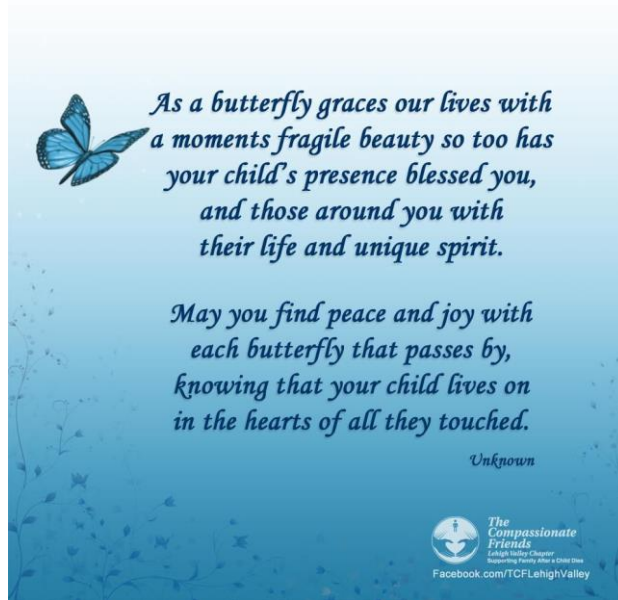


Love Notes



He's in the sun,
 the wind, the rain,
 he's in the air you
 breathe with every
 breath you take.
 He sings a song
 of hope and cheer,
 there's no more pain,
 no more fear.
 You'll see him in
 the clouds above,
 hear him whisper
 words of love, you'll
 be together before
 long, until then
 listen for his song.

-Christy Ann Martine



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

Bob Boulanger, 42 Chatham Rd. Billerica, MA 01821, 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 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:

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

c/o Bob Boulanger
42 Chatham Road
Billerica, MA 01821

RETURN SERVICE REQUESTED

DATED MATERIALS
PLEASE FORWARD



The Compassionate Friends

North Shore-Boston Chapter
Supporting Family After a Child Dies

NEWSLETTER – April 2023



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