



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

February 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.

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The Compassionate Friends, Inc.
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PH: 630-990-0010
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www.thecompassionatefriends.org

Upcoming Meetings

Monday, 3/6/23 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Sibling Panel Presentation Facilitators: TBD
Wednesday, 3/15/23	Online Video Meeting - 7:00 PM Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD <i>-and-</i> Sibling Group Online Video Meeting - 7:30 PM Please contact Aimeeb15@gmail.com if you would like to participate Topic: Navigating Other Relationships Our Siblings Had
Wednesday, 3/22/23 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: Open Sharing Session Facilitators: TBD
Monday, 4/3/23 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD

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
dqtcf@aol.com



JUSTIN McRAE

February is a month which
brought us such great joy when
our youngest son and child,
Justin was born on 2/12/98.

It also brought us
the greatest heartbreak
when we lost him 10 days before
his 22nd birthday on 2/2/20.
Justin died battling the diseases
of addiction and mental illness.

-and-

ELIOT BENNETT

Eliot,
We wish you were here
to celebrate your fifth birthday.
We continue to forge
a path without you,
growing through our grief
and doing things in your name.

Love to you, always.
Mommy and Daddy

We want to offer a special thanks to a special woman. Jean O'Hare was one of the founders of The Compassionate Friends North Shore-Boston Chapter in the late 1970's. Serving in honor of her daughter Jeannie, Jean and the other founders established a group that supports grieving parents, siblings, and their families to this day. February 16th at the age of 95 Jean left this earth but her good work continues. Godspeed Jean.



WHEN YOU HAVE LOST SOMEONE YOU LOVE

By Donna Ashworth

Do not make the mistake of living in sadness, or living small to honor their absence. You owe it to them to live even more vividly than before.

If they could reach you, they would surely say..

“Take the love you had for me and turn it into gladness, use the love you had for me to drive away the sadness.”

Love is an energy, so powerful, so all-consuming that when the person you felt all that love for is not here, you are a vessel filled with a boundless source of power that has nowhere to go.

Harness it.

Use it to burn even more brightly and live even more loudly than before.

Share the love you felt for that person with all the other special people in your life, for it is limitless. There is no end to it and there never, ever should be.

If they could reach you they would surely say...

“Make my time on earth count loudly, so I’ve not lived in vain. Use the love we shared to make more love and not more pain.”

If you are struggling to move on, to find the way to carry on. Without them. This is it.

Use the love.

Carry them with you in all that you do, using their love as the source.

It is what they would want.

Tell their stories, mention their name, feel their love – and share it.

Do not let the pain of their loss overshadow the love that they created whilst alive. Make them count.

Remember, grief is the price you pay for a love divine. The stronger the love, the deeper the grief but love, love will always win in the end.~

A Valentine to My Child

As long as I can dream,
As long as I can think,
As long as I have memory...
I will love you.

As long as I have eyes to see, And ears to hear,
And lips to speak...
I will love you.

As long as I have a heart to feel, As soul stirring within me,
An imagination to hold you... I will love you.

As long as there is time,
As long as there is love,
As long as I have a breath,
To speak your name...
I will love you.

Because I love you more than anything in all the world. ~Daniel Houghton, TCF/Massillon, OH



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

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 tcfnoshoreconnect@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 tcfnoshoreconnect@gmail.com or call **Tim Glendinning** at (908)-902-8631.


Our Children Remembered

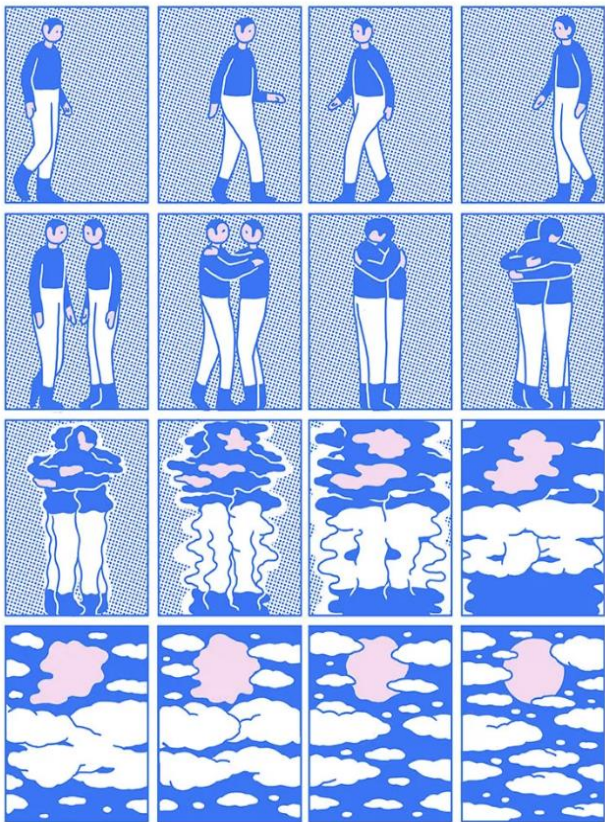


Andrew Adams Wilder son of Mark and Betty Wilder
Alfonso Daniel Sisneros son of Bob & Laura Reich
Shane Patrick Murphy son of Karen and Kevin Murphy
Scott Ronald Nagel son of Fiona Nagel
Catherine Cann daughter of Anna Bourque
Lorin Beth Bennett daughter of Judith Bennett
Ryan Covino son of Linda and Bill Covino
Christopher Taatjes son of Patricia Taatjes
Talia Rose Ronga daughter of Debra Ronga
Brendan Burgess son of Catherine and Bill Burgess
Christopher Genna son of Joseph & Leslie Genna
Paul A. Nestor son of Geri & Bob Gatchell
Eliot Lee Bennett son of Eric and Elizabeth Bennett
Lisa Marie Norco daughter of Roberta Deputat
Gale McLaughlin daughter of Joan & Frank McLaughlin
Daniel Noah (Danny) Fine son of Gail and Stephen Fine
Julia Ciampa daughter of Julie Brachanow
Virgilio Dejesus son of Sara Dejesus
Diane Buckley daughter of Anna Bourque
Sean Michael Reynolds son of LouAnne Reynolds
Julianna Edel sister of Katharine Edel
Christopher Burnett son of Annmarie Conway

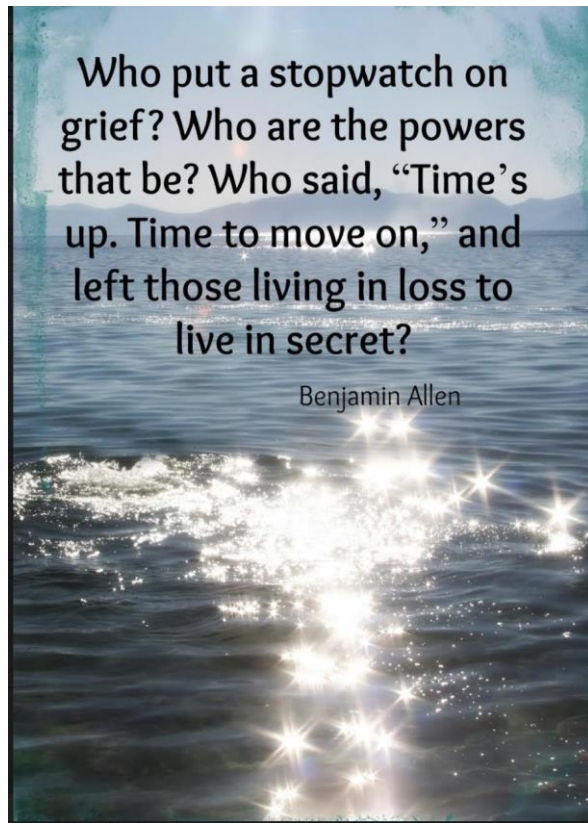


Christopher Burke son of Dotty and David Burke
Christopher Michael Rollins son of Nancy & Rick Rollins
Olivia Mary Marchand daughter of Jody Marchand
Ryan James Gilligan son of Paula Gilligan
Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas
Lorin Beth Bennett daughter of Judith & Michael Bennett, sibling of Allison and Pamelyn
John Queenan son of Margie Queenan
Christopher Warner Fennelly son of Laurie Malonson
Christopher Taatjes son of Patricia Taatjes
Patrick Barry son of Joanne Barry
Julia Ciampa daughter of Julie Brachanow
Zachary Doyle Hilton son of Patricia Doyle
Robert Hale Tavares son of Lorraine Snow
Robert Kagacha son of Sarah Kagacha
Jaxton Donais nephew of Kayla Welch
Anthony Travalini son of Anne Travalini
Mario Miller son of Maria Sallese
Christopher Fennelly son of Laurie Malonson & George Fennelly
Eric Kronk son of Kathy and Walter Kronk
Andrea Martocchia son of Diana and Paul Martocchia
Ella Rose Biggio daughter of William and Allison Biggio
Jason Dixey son of Sandy & Barry Dixey
Kyra Grace Koman daughter of Kathy and Stu Koman
Renee Mithen daughter of Kathleen Ravagno
Sheryl Kelley daughter of Donna and Paul Maloney
Madeleine Elise Fox daughter of Elizabeth Fox
Kevin Gannon and Raymond Moyette siblings of Alice and Gil Costa
Daniel Harriman son of Cindy Collin
Tyler Fountain son of Kimberly Chandler

	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



By Evan Cohen



Who put a stopwatch on grief? Who are the powers that be? Who said, “Time’s up. Time to move on,” and left those living in loss to live in secret?

Benjamin Allen



Love Notes

In loving memory of Lorin Bennett

*Birthday February 27th 1961
Loss February 27th 2015*

~Judith Bennett and Family

In memory of Gale McLaughlin,

*Thinking of our sweet girl during
this blessed season and also on
her 55th birthday 2/24.*

Love Mom, Dad and Family

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**



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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