



# The Compassionate Friends

## North Shore-Boston Chapter

### Supporting Family After a Child Dies

Newsletter

March 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 1<sup>st</sup> Monday and 3<sup>rd</sup> Wednesday of each month via Zoom Online at 7:00PM. We also hold an in-person meeting on the 4<sup>th</sup> 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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Wixom MI 48393  
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[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

#### Upcoming Meetings

DATE	MEETINGS and EVENTS
Monday, 4/3/23 7:00 PM	<b>Online Video Meeting</b> Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session <b>Facilitators:</b> TBD
Wednesday, 4/19/23	<b>Online Video Meeting - 7:00 PM</b> Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to participate <b>Topic:</b> The Effect of Grief on Relationships <b>Facilitators:</b> TBD -and- <b>Sibling Group Online Video Meeting - 7:30 PM</b> Please contact <a href="mailto:Aimeeb15@gmail.com">Aimeeb15@gmail.com</a> if you would like to participate <b>Topic:</b> Dealing With the "What If's?"
Wednesday, 4/26/23 7:00 PM	<b>In-Person Meeting</b> (meeting will be limited to 15 participants) Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to attend <b>Topic:</b> Circumstances of Our Loss (Panel Presentation) <b>Facilitators:</b> TBD
Monday, 5/1/23 7:00 PM	<b>Online Video Meeting</b> Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session <b>Facilitators:</b> TBD
Sunday, 5/7/23 1:30 PM	<b>SPRING EVENT</b>

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## JON JAMES McGLINCHEY

### ***Never Forgotten***

*by Kelly Polly Giesler*

*You'll never be forgotten  
That simply cannot be.  
As long as I am living,  
I'll carry you with me.  
Safely tucked within my heart  
Your light will always shine;  
A glowing ember never stilled,  
Throughout the end of time.  
No matter what the future brings,  
Or what may lie ahead,  
I know that you will walk with me  
Along the path I tread.  
So rest my angel, be at peace  
And let your soul fly free.  
One day I'll join your glorious flight  
For all eternity*

My baby brother,  
Missing you today, yesterday & forever!  
Love, your sister

-and-

## SUSAN EATON

Susan, almost four years since you left us.  
I miss you every day.  
Your baby is not a baby anymore . . . 12.  
She is learning how to spread her wings,  
she is trying.  
I know you're watching over her.  
This year has been a hard one.  
Mourning you and the ones who  
received your organs and joined you.  
Rex had your heart for more than 3 years and  
now his son will remember him.  
Your friends are here for me.  
You did have the best taste in friends.

I love you,  
Mom



## LOVE NEVER GOES AWAY

By Darcie Sims

“Why does it hurt so much? Why is this grief so incapacitating? If only the hurt weren’t so crushing.” Sound familiar? All of us have known hurts before, but none of our previous “ouches” can compare with the hurt we now feel. Nothing can touch the pain of burying a child.

Yet, most of us have discovered that the sun still comes up. We still have to function. We did not die when our child did, even though we wished we could have. So...we are stuck with this pain, this grief, and what do we do with it? Surely we can’t live like THIS forever!

There are no magic formulas for surviving grief. There are a few commonly recognized patterns for grief, but even those are only guide-lines. What we do know is that the emptiness will never go away. It will become tolerable and livable... some day.

TIME...the longest word in our grief. We used to measure TIME by the steps of our child...the first word, first tooth, first date, first car...now we don’t have that measure anymore. All we have is TIME, and it only seems to make the hurt worse.

So what do we do? Give ourselves TIME...to hurt, to grieve, and to cry. TIME to choke, to scream. TIME to be “crazy” and TIME to remember.

Be nice to yourself! Don’t measure your progress against anyone else’s. Be your own timekeeper.

Don’t push. Eventually you will find the hours and days of grief have turned to minutes and their moments... but don’t expect them to go away. We will always hurt. You don’t get over grief...it only becomes tolerable and livable.

Change your focus a bit. Instead of dwelling on how much you lost – try thinking the good memories come over you as easily as the awful ones do. We didn’t lose our child...HE/SHE DIED. We didn’t lose the love that flowed between us...it still flows, but differently now.

Does it help to know that if we didn’t love so very much it would not hurt so badly? Grief is the price we pay for love. And as much as it hurts, I’m very, very glad I loved.

Don’t let death cast ugly shadows, but rather warm memories of loving times you shared. Even though death comes, LOVE NEVER GOES AWAY!

## **Living With Pain**

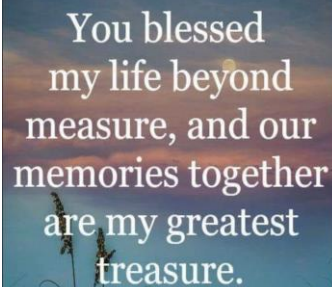
By Ranata Suzuki

I’m sorry if I seem different sometimes...if there are times that it seems like I’m not the same person anymore - but the truth is I’m not.

Living with pain changes you.

It’s exhausting... Every morning I wake up and I go to war...with my body, with my mind, with the world around me. Every day is a struggle to keep my life as normal as possible whilst fighting negativity and despair.


I try my best to stay positive, if not for myself then for the people around me but it’s difficult to smile sometimes when all I really want to do is cry.



You blessed  
my life beyond  
measure, and our  
memories together  
are my greatest  
treasure.

I can limp with grief &  
dance with joy  
all at once,  
I don't have to choose anymore.  
I weep and smile in the same moment  
a once confusing struggle  
these two emotions have become  
so deeply webbed inside of me,  
they are no longer opposites,  
they are one.

KATIE JAMESON



Like a shadow in the moonlight  
Like the whisper of the seas  
Like the echoes of a melody  
Just beyond our reach  
In the shadow of our sorrow  
Past the whisper of goodbye  
Love shines through eternity  
A heartbeat from our eye

### We'll See This Through

They say this, too, shall pass,  
They say grief eventually fades.  
But those sayings are of little comfort  
When you're living through such sad days.

They say that time heals all,  
And this much I know is true.  
So hang in there, my dearest friend,  
And together we'll see this through.

LOVE • KNOW

### You Did Not Die

You live in the beautiful wind that blows.  
You live in the sound of birds that crow.  
You live in the sun that shines so bright.  
You live in the peaceful dark at night.  
You live in a star I see in the sky.  
You live in ocean waves that come in with the  
tide.  
You live in the smell of flowers and grass.  
You live in the summer that goes so fast.  
You live in my heart that hurts so much.

You did not die, we only lost touch.

Shari Swirsky  
TCF Toronto, Ontario, Canada



### *In Memory of one of our chapter's founders – Jean O'Hare*

Along with her husband Tom and Joan McLaughlin, Jean lead the North Shore Boston Compassionate Friends for 13 years. Jean was a wonderful person, and she helped many parents through the grief experienced after the death of a child. Jean and Tom's daughter, Jeannie, who was a twin to her brother Johnnie died when she was 15 of leukemia. Jean was a very caring person. Joan remembers one time when they went to a regional conference in Connecticut and two butterflies landed on the door of Tom's car as they were leaving the hotel to go the conference. Jean and Joan looked at those butterflies and both chuckled that their daughters were encouraging them to keep up the good work. Joan and Frank's daughter died at the age of 17 months. Jean, Joan, and Tom stayed friends through the years and often spoke of their time at TCF. They were always proud of the legacy of TCF and admire the work of the people who came after them. Jean will be very missed by many people. Our deepest sympathy to her three living children and their families. Jean died on February 16 at the age of 95! Pretty amazing!

***Submitted by Joan and Frank McLaughlin***

## *Our Children Remembered*




Aram Karakashian son of Pat and Garo Karakasian  
David Conant Siljeholm son of Anita Siljeholm  
Ricardo Melo son of David and Theresa Melo  
Brian T Wilson son of Linda Wilson  
Jon Paul Rahall son of Bernadette Rahall  
Tanya Jean Duncan daughter of Dawn Lee Black and Dan Golan  
David Patrick Blais son of Sally Blais  
Deacon Winslow Harris Debra Glabeau  
Dillon Patrick Dwyer son of Wayne Dwyer  
Robert DeCarlo son of Janet DeCarlo Staples  
Nicholas Alden Chittick son of Joann Chittick  
Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio  
Kaleigh Lambert granddaughter of Irene Lambert  
Hunter Fredrick Siebel grandson of Vita and Gordon Trainor  
Julian Matthew Mok son of Lawrence and Beatrix Mok  
Sheryl Kelley Daughter of Donna and Robert Maloney  
Patricia Gail Kingston daughter of Elaine and John Kingston  
Mary Curran daughter of Tom and Catherine Curran, sibling of Ryan, Kelly & Meghan  
Frankie Simpson son of Carolyn Skane



Shane Michael Loizides son of Janet Sutcliffe, sibling of Branden Loizides  
Maria Lorraine Andrews daughter of Michelle Smith  
Ryan Covino son of Linda and Bill Covino  
Alfonso Daniel Sisneros son of Bob & Laura Reich  
Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio  
Julian Mok son of Lawrence and Beatrix Mok  
Simon Aaron Turner Grandson of Cheryl and Marc Turner  
Jennifer Margot Jacob daughter of Claudette Jacob  
Tanya Anne Phillips daughter of Marilyn and George Phillips  
Derek Frechette son of Janet Frechette  
Andrew Geljookian son of Nancy & John Geljookian  
Scott Barry Peterson son of Tim & Patty Peterson  
Susan Eaton daughter of Patti Eaton  
Christopher Howland Webber son of Joanie Howland and Bill Webber  
Jon James McGlinchey son of Jim and Laureen McGlinchey  
Justin McLeod son of Kim McLeod  
Maren Cao daughter of Xuandong Cao  
Andre Luis Ribeirinha-Braga son of Dianne & Sergio Braga



	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. <b>Please be considerate in the timing of your calls to these volunteers.</b>	
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 7<sup>th</sup> 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](mailto: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](mailto:tcfnoshoreconnect@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**

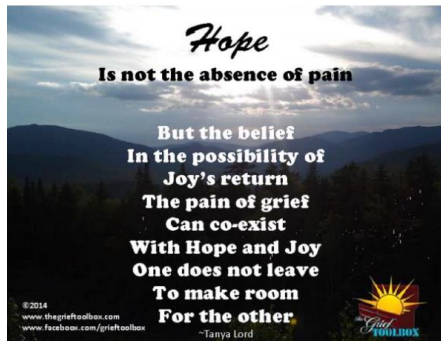
**Aldersgate United Methodist Church**

**235 Park Street**

**North Reading, MA**



## Love Notes



*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:

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## 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 – March 2023



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)