



# *The Compassionate Friends*

## *North Shore-Boston Chapter*

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

Newsletter

May 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.*

**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](http://www.thecompassionatefriends.org)

#### **Upcoming Meetings**

**Monday, 6/5/23**

**7:00 PM**

##### **Online Video Meeting**

Please contact [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com) if you would like to participate

**Topic:** Who Are You Now? / Struggling With Identity

**Facilitators:** TBD

**Wednesday, 6/21/23**

##### **Online Video Meeting - 7:00 PM**

Please contact [tcfnoshoreconnect@gmail.com](mailto: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](mailto:Aimeeb15@gmail.com) if you would like to participate

**Topic:** Secondary Losses

**Wednesday, 6/28/23**

**7:00 PM**

##### **In-Person Meeting**

Please contact [tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com) if you would like to attend

**Topic:** Open Sharing Session

**Facilitators:** TBD

Chapter Leader: David Paul  
[tcfnoshoreconnect@gmail.com](mailto:tcfnoshoreconnect@gmail.com)

978-771-6345

Newsletter Editors: Eden Paul and Regan Lamphier  
[tcfnoshorenews@gmail.com](mailto:tcfnoshorenews@gmail.com)

603-264-9391

Regional Coordinator: Dennis Gravelle

978-532-2736

# ERIC JOSHUA SMITH

Eric,  
you are always in our hearts

Love, Mom,  
Rachel and Aaron

*-and-*

# GEORGE SILVA

The world changes  
from year to year,  
but our love for  
and memory of you  
will always be here.

**Happy Birthday George!!**

**We love you.**

**Mom, Bob,  
Gus, Aimee and Family**



## HEART CONNECTIONS – NO NEW PHOTOS

By Shari O'Loughlin

This past summer was the ten-year anniversary of the death of my son, Connor. I was struck by the inadequacy I felt about how to describe this very unwanted milestone that came faster than I would have imagined. I didn't like the evident recognition of so many years passing since I last saw, hugged, spoke, and laughed with my only son. I struggled further when I looked for photos that I wanted to post on Facebook as I tried to express what was in my heart at that moment.

Photos tend to mark time and progress. Family photos are guideposts to our updated lives over the decades. How is that true when our child, sibling, or grandchild's photos are frozen in time, and we will never have new photos of them again? Where is that meaning when we have a finite number of photos to recirculate that must tide us over for a lifetime?

Most of us long for new photos that would display the physical growth of our loved one who died. What would our child, sibling, or grandchild look like when they were learning to drive, graduating high school or college, or walking down the aisle in marriage as we witness their friends do over the years? How would they look when cradling their firstborn child in wonder?

We somehow still grow during these years that they are physically absent from us and from our photos. Some of us have other children who pass through all the beautiful milestones and marking points of their lives that we are privileged and honored to share. New things come into our lives that spring from the person we've become through our loss. We make meaning in our lives in unique ways that we would not have previously imagined. How we live in the world represents growth in honor of the lives we shared with them.

Perhaps when there are photos far in the future that they cannot be present in, their light shines through us in those photos even as their older photos age and date with time. Maybe we carry their light and their lives in significant enough ways that this helps us just a little with the pain of not having new photos. When someone tells me that I have a warm smile in a photo or an air of light in a photo, I know that exists, in part, because of the ways that I live from my love for Connor. May you find the shining light of your child, grandchild, or sibling, in your new photos, no matter how many years have passed, and may this bring you some comfort.



## AFTERPARTY

By Becky Hemsley

I held a party the other week and grief came.  
She wasn't invited but she came anyway - barged her way in through the door and settled down like she was here to stay.

And then she introduced me to the friends she'd brought with her - Anger. Fear. Frustration.

Guilt. Hopelessness.

And they sang in the loudest voices, took up space in every corner of the room and spoke over anyone else that tried to talk.

They made it messy and loud and uncomfortable.

But finally, they left.

And long afterwards, when I was all alone,  
I realized there was still someone here.  
Quietly clearing up after the rest.

I asked who she was and she told me, "Love."

And I assumed that's why she looked familiar - because I had met her before.

"Or perhaps," she said, "it's because I've been here the whole time."

And I was confused then because I hadn't seen her all evening.  
But when I looked more closely,  
when I looked into her eyes,

I realised quietly that she had been here.  
All the time.

She'd just been dressed as grief.

\*\*\*\*\*

Sometimes it helps to remember that underneath our grief, there is love. It was there before, it's there now and it will still be there afterwards.  
Love endures like nothing else can.

'Afterparty' is from the book When I Am Gone




## *Our Children Remembered*



Tyler Weymouth Sibling of Andrew Weymouth  
Benjamin Clark son of Nancy Wescott  
George Silva son/stepson of Ester and Bob Boulanger, Sibling of Aimee Gordon  
Eric Howard Krasker son of Barry and Cheryl Krasker  
Jennifer Margot Jacob daughter of Claudette Jacob  
Ryan Liam Teague son of Susan Teague  
Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas  
Christopher Burkeson of Dotty and David Burke  
Madigan Drummond daughter of David Drummond  
Corey Noel son of Gary Noel  
SPC David Mulno son of Cathy and Harry Mulno  
Kara Lynne Irving daughter of Jean and Jerry Irving  
Patrick Barry son of Joanne Barry  
Olivia Mary Marchand daughter of Jody Marchand  
Jaxton Donais nephew of Kayla Welch  
Amber Zapatka Daughter of Lise and Ed Zapatka  
Sarah Nicoll Boyle daughter of Jackie and Mark Nicoll  
Bobby Moore son of Jeff Moore  
Eric Joshua Smith son of Stacey and Bill Smith  
Courtney Marie Corning daughter of Ginny & Jack Corning  
Steven Kaminski son of Joanne Kaminski  
Daniel Esposito son of Julie and Joseph Esposito  
Kenneth Barclay son of Rachel and Philip Barclay  
Joseph Blasetti son of Donna Blasetti



Deacon Winslow Harris son of Debra Glabeau  
Eric Joshua Smith son of Stacey and Bill Smith  
Jason Michael Sobanek Son of Karen Cioffi  
Conor Bates son of Eileen Bates  
Wendy Kagan Snyder daughter of Billie and Sumner Kagan  
Sheryl Lynn Becker daughter of Millie & Jerry Becker  
Tritan James Rice son of Brian Rice  
Nicole Hufnagle daughter of Janet and Gary Hufnagle  
Julian Cayer son of Matt & Lauren Cayer  
Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos  
Maxwell O'Hanlon son of Brady and Kim O'Hanlon  
Brittany Lynn McCauley Daughter of Nancy and Patrick McCauley  
Shane Patrick Murphy son of Karen and Kevin Murphy  
Donald Tottingham son of Mal and Bobbie Tottingham  
Robert Maloney Son of Donna and Robert Maloney  
Dakota Thomas son of Jeanne Mace & brother of Lauren Steeves  
Todd MacDonald son of John and Janet MacDonald  
Sean Michael Reynolds son of LouAnne Reynolds  
Xavier Salaman son of Susan Salaman  
Edward Michael Hedrington son of Jo Hedrington  
Sam Cioffi son of Doug Cioffi  
Michael Gannon Sibling of Alice and Gil Costa  
Bella-Francesca Kamga daughter of Pearl Kamga  
Sidney Mae Olson daughter of Mary Beth Ellis and Eric Olson

	<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>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
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***

**Thanks to all who participated in this year's Spring Event on May 7<sup>th</sup>. It was a warm but wonderful afternoon. We had over 30 people who were able to make it and help plant a garden for our children.**



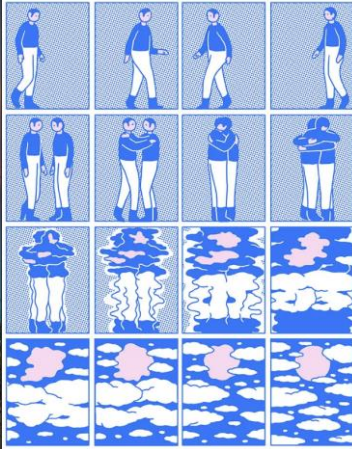
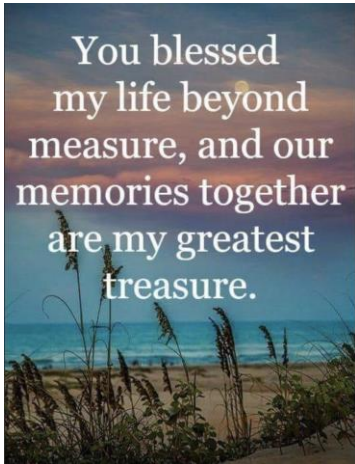


## Love Notes



In Memory of their daughter Jen Gianocostas

Diane & Skip



*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 – May 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)