



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

JUNE 2019

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 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.

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Oak Brook, IL 60522-3696

Toll-free: 877-969-0010

PH: 630-990-0010

FAX: 630-990-0246

www.thecompassionatefriends.org

Upcoming Meetings

Monday - 6/3/19

Spring Event - 6:30 PM

(see information below)

Optional Sharing Session - 8:30 PM

Facilitated by:

Dave

Wednesday - 6/19/19 - 7:30 PM

Missed Milestones

Facilitated by:

Dave

-and-

Sibling Group

Dealing With the "What ifs?"

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

Newsletter Editor: Regan Lamphier 603-264-9391
tcfnorthshorenews@gmail.com

The June website is sponsored

In Memory Of

TODD MacDONALD

You are a highly evolved soul, my son,
You finally know what is out beyond the stars.
I am in awe that you chose us to be your family
Your time here with us was well spent.

We were a family of four,
and we still are.
Stay well, my son,
until we four meet again.

Love, Mom, Dad and Tracy

-and-

CHRISTOPHER POPE

Happy 25th Birthday, Christopher!
Though you were with us on earth for only 3 days, you taught us so many important life lessons. You are always in our hearts and we send our love.

Mom, Dad, Kelly, and your twin brother, Dave.

Our Children Remembered

June Birthdays

Christopher John Pope son of Carmen and Jeff Pope
Alexander John Whipple son of Richard and Nancy Whipple
Jason Dixey son of Sandy & Barry Dixey
Harrison Andrew Lambert son of Gregory and Sigrid Lambert
Eric Kronk son of Kathy and Walter Kronk
Jeannie O'Hare daughter of Jean and Tom O'Hare
Donald Tottingham son of Mal and Bobbie Tottingham

June Angel Dates

Christopher John Pope son of Carmen and Jeff Pope
Andrew Adams Wilder son of Mark and Betty Wilder
Jon Paul Rahall son of Bernadette Rahall
Todd MacDonald son of John and Janet MacDonald
Bryan Robert Cadigan son of Debbie Daly
David Eric Czarnota son of Karen Czarnota
James Kimball Carlsen son of Kathy Carlsen
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier
Kara Lynne Irving daughter of Jean and Jerry Irving
Bobby Moore son of Jeff Moore

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: David Paul 48 Castle View Dr, Gloucester, MA 01930

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

FOR FATHERS, LOSS OF A CHILD CARRIES SPECIAL BURDENS

Written by [Clara Hinton](#) on Tuesday, June 15, 2010

Men go through all kinds of identity changes when they experience the loss of a child, especially a child who is older and has lived long enough to create established memories with his or her father.

A man identifies himself by mainly two things: the job he has and the family he has. When a child is taken away by death, a man suddenly loses the largest, most important part of his identity. A real crises situation has been created, not just for the father, but also for role the father plays with the family. Fathers love to feel needed, and they love to feel like they are the one responsible for the happiness of the entire family.

Men are far less verbal than women by nature, and it makes it much more difficult for family members and friends to understand the changes that are taking place with a father loses a child. He often feels like a failure because he was unable to prevent the death or to fix the death once it took place. This is especially true if the child's life was lost due to an illness.

Fathers often believe their role is to fix things that are broken or in need of repair, and when they cannot fix their child's illness and the end result is death, a father goes through a deep grieving period of feeling tremendous guilt and failure.

A father who loses a child also loses such a large part of his dreams. Fathers don't always openly talk about their dreams of hunting and fishing with their children, or of taking bike rides together, going to ball games together or of tossing a ball in the backyard, but they think about these events all of the time.

Fathers of girls daydream about walking their daughter down the aisle and dancing that first dance at the wedding. They dream about taking care of all of their child's hurts, wiping their tears away, and being called "hero" for all of the ways they show their strength to their son or daughter.

Child loss, in a father's eyes, often represents weakness. Men believe fathers are to be strong and in charge, not at a loss for knowing what to do when death turns life upside down. Child loss is such a helpless feeling, and often this is a foreign emotion for fathers who have been a tower of strength for their children.

What is a father to do? How can a father go on and feel whole once again?

It takes time to work through the pain of loss. It takes a long time to build back a feeling of belonging as a father. It will often take years for a father to be able to reclaim his identity of a father. It will take lots of working through feelings of failure and loss to feel like a man who can always proudly wear the name father.

Take it a day at a time, a step at a time. Begin by telling yourself over and over that you will always be a father. Nothing can change that—not even death. Remind yourself often that some things cannot be fixed by you. Remember often that lost dreams are part of the pain every parent feels when a child dies. It takes a lot of tears and years to work past the milestone markers of such things as dreams of your child playing ball, driving a car, dating, getting married, and having children.

These are not easy dreams to release, but with time you will be able to more vividly remember the times you had with your child than to sorrow over the time you never had. Be patient with yourself. Be kind to yourself. And, when you fall into the emotional pain of feeling like a failure, remind yourself that you will always be a father and nothing can take away that badge of honor, not even death.

A Long Journey of Hope

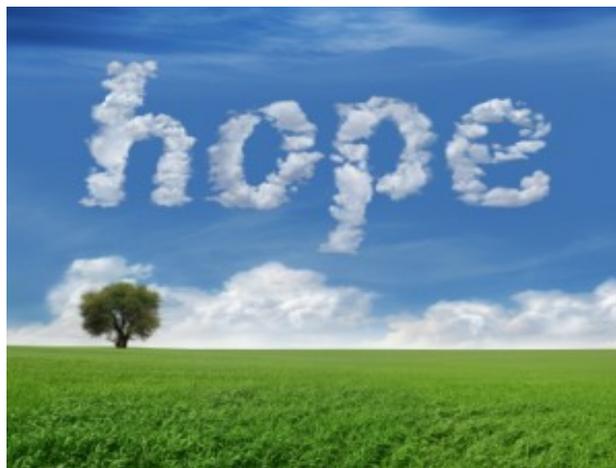
Since the death of our daughter, Brianna, ten years ago my wife and I have often discussed the topic of “hope”. While I didn’t realize it at the time hope is what I was looking for when attending my first TCF meetings. In those early days, weeks and months hope, joy and happiness were foreign concepts. My wife and I knew that we wanted to have happiness in our lives again but couldn’t see a path from the deep, dark sadness we were in. I remember thinking that there was no possible way we would survive if we had to wake up each morning to this existence. We did not go to sleep to nightmares we woke up to one.

Over time and after hearing about so many other parent’s journeys and having them listen to ours we began to see that we could survive. This belief slowly evolved into an awareness that there was room in our lives for happiness even if it was fleeting. Eventually our perception of our future allowed room for hope, hope for a meaningful life. It did not happen all at once and there were as many setbacks and doubts as there was movement forward. We knew we had to travel this path, but we began to realize a deep sense of gratitude that we were not alone.

Today, when we meet newly bereaved parents I am tempted to talk about hope, but I hesitate. The journey is a long one. We can tell our story and we can listen to theirs. We can try to do for them what others did for us, help them survive until some light breaks through and offers the hope that we so desperately needed and eventually got.

David Paul – Leader
TCF North Shore-Boston

*He that conceals his grief finds no remedy for it~
Turkish Proverb*



	<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
Billerica	Jeff Moore, son, 17, moped accident	978-663-8539
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



UPCOMING EVENTS



TCF North Shore-Boston Spring Event

Flowers on the Water
A Celebration of Our Children's Lives

Monday, June 3, 2019 (Rain or Shine)
Ipswich River Park
15 Central Street, North Reading MA
Ceremony starts at 6:30 PM

Pot Luck Dinner to follow at Aldersgate Church, North Reading MA

Optional Sharing Session - 8:30 PM

Click here for additional information:

[Flowers on the Water](#)

42ND TCF NATIONAL CONFERENCE



**RINGS OUT IN
PHILADELPHIA**

JULY 19-21, 2019

Please click here for additional information:

[2019 TCF National Conference](#)

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.

In memory of our son Donald on his 30th birthday from Mal & Bobbie Tottingham

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

TCF North Shore- Boston Chapter, c/o Millie Becker, 14 Harris St. Unit #1, Salem, MA 01970. You may also 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

North Shore - Boston Chapter
c/o Millie Becker
14 Harris St. Unit #1
Salem, MA 01970

RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



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NEWSLETTER – (June 2019)



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