



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

November 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.

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PH: 630-990-0010
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www.thecompassionatefriends.org

Upcoming Meetings

Our next chapter meetings will at be held at 7:30 PM on:

Monday - 11/4/19 **Facing Difficult Dates**

Facilitated by:
Dave & Tim

Wednesday - 11/20/19 **Open Sharing Session**

Facilitated by:
Dave & Tim
-and-

Sibling Group **Remaking Holiday Traditions**

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

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



The November Newsletter is dedicated to

EMILY ANNE DRISCOLL

Twelve years have passed in what seems like twelve seconds. The passage of time gone by sometimes softens the hard edge of our grief of losing you, but fleeting time has not diminished the heartache we feel each day. Our memories of the grace of your life well lived inspire us to live on with our lives in honor of you, committed to imagine as you did, to courageously seek truth as you did, and to make your mark

as you did.
For you will always be our inspiration and never our excuse. Keep us in your grasp, as you, in turn, remain forever in our hearts.

Stay close to us . . . we love you eternally

Jessie and Wayne,
David Anthony, Abby,
Mum and Dad

-and-

CARY THABET

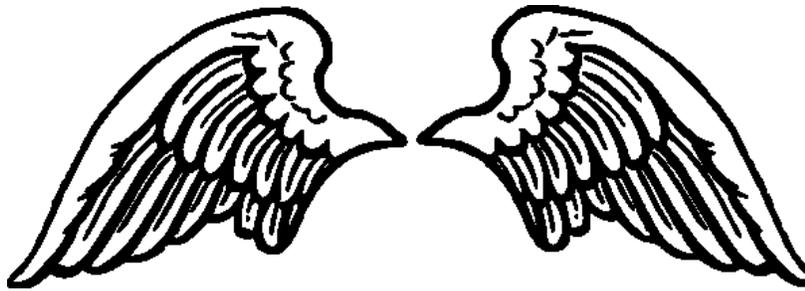
My Dear Cary,
Year one without you –
year one without
my beautiful son,
your smile,

your quiet laugh,
your gentle kindness, and
your unconditional love.
You know how it was when we lost Jamie- the unbearable pain, becomes the unbearable life. You and James made us the happiest we could ever be and now you and James are gone, and we are the saddest we will ever be....
The hope I will see you one day keeps me going and the hope that you and Jamie are together gives me peace.
God Bless,
sweet dreams and we love you,
Mum and Pup

Our Children Remembered



Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas
Jared Linzey son of Sharyn & Tom Linzey
Ethan Henry Lamphier son of Regan Burke and Bill Lamphier
Brittany Lynn McCauley Daughter of Nancy and Patrick McCauley
James Kimball Carlsen son of Kathy Carlsen
Jon James McGlinchey sibling of Crystal Chambers
Maxwell O'Hanlon son of Brady and Kim O'Hanlon
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier
Christopher Muraca son of Maria Muraca



November Angel Dates



Nicholas Ryan Amirault son of Rick & JoAnne Amirault
Emily Anne Driscoll daughter of David F. Driscoll and Rosanne Benedetto Driscoll
Penney Richards daughter of Dave & Penny Richards
Marc Ouellette son of Donna Marcotte and Bob Ouellette
George Silva son/stepson of Ester and Bob Boulanger
Steven Kaminski son of Joanne Kaminski
Talia Ronga Daughter of Debra Ronga and Sister of Victoria Ronga
Jimmy Kiriakos son of Sandy Tsakirgis
Christina Laura-Ann Saviano Daughter of Laurie Saviano
Ryan Liam Teague son of Susan Teague
Cary Thabet son of Sheila Khaire Thabet
Anne Good sister of Mary Good

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: tcfnorthshoreconnect@gmail.com

“They wrap [holidays] up with a turkey and clever gifts and lots of eggnog and laugh and laugh, but at the end of the day there are always people missing from the table. And you have to either sit with those empty chairs and laugh, or you can choose not to come to the table at all. I would rather come to the table.” Julie Buxbaum

Holidays are guaranteed to be painful, no matter how you choose to spend them. Trust your heart and do what is right for you in this moment. Be kind to yourself no matter how you deal with this most difficult time of year. And, most importantly, remember you aren't alone. The other members of TCF are making these same impossible decisions. We can do this together.



GRIEF ONE DAY AT A TIME by Alan D. Wolfelt, Ph.D.

November 1

In this darkening time of the year, I am reminded of the need for darkness in grief.

After the death of someone we love, the dark night of the soul can be a long and very black night indeed. It is uncomfortable and scary. It hurts. Yet if we allow ourselves to sit still in the blackness - without trying to fight it, deny it, or run away from it - we will find that it has something to teach us.

Befriending the darkness of grief takes courage and hard work. But it is only in doing so that we will eventually be able to reenter the light.



OUR STORIES

Once again, we are offering parents, siblings and grandparents an opportunity to share their story in our monthly newsletter. You can write your story from whatever perspective you choose. If you are interested in writing and submitting your story please email your story or any questions about “Our Stories” to tcfnoshoreconnect@gmail.com. We ask that you keep your submission to 700 words or less. We typically have space for a couple of stories per newsletter so we will publish them in order of receipt.

	<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
Malden	Marnie Smithers, son, 13, ATV Accident	781-322-1722
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



2019 Candlelight Remembrance Service

Our Chapter will hold its annual Candlelight Remembrance Service on **Monday evening, December 9, 2019 starting at 6:30 PM** at the Aldersgate United Methodist Church, 235 Park Street, North Reading, MA. When we gather on Monday evening 12/9/19, we will remember our children in a beautiful ceremony conducted by members of our group. The ceremony will include readings, music, the lighting of candles and a slide show. Family members and friends are invited to attend. A potluck reception will follow, and we invite you to contribute ready to serve refreshments. We are also looking for volunteers to help set up and break down, as well as people to do readings.

The slide show for Our Children Remembered will take place during the event. In order to prepare the slide show, any changes or additions need to be e-mailed (see below for email address) **no later than Nov 25th.**

For our newer parents, the slide show is a compilation of pictures of children, grandchildren and siblings of members of the North Shore-Boston Chapter of TCF. We currently have over 100 families represented. You may submit up to 3 photos of your child, which will be posted as space permits on each slide. Pictures should be 5x7 or smaller, and should be as close as possible to the age of your child's angel date. Pictures should be single poses when possible, not group shots; however, as long as there is at least one single pose, a family picture is acceptable.

Submission should include your **child's name** as you wish it to be posted, **birth date, death date and age at time of death.**

All photos should be submitted electronically to:

tcfnorthshoreconnect@gmail.com

Please note, due to the timing of this event, we will hold a regular support group meeting on Wednesday, December 18th, but we will not have our usual 1st Monday of the month meeting on December 2nd.





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 **TCF North Shore- 14 Harris St unit 1, Salem, MA 01970**, 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

North Shore - Boston Chapter
P.O. Box 4284
Peabody, MA 01961-4284

RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



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NEWSLETTER – November 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
tcfnoshoreconnect@gmail.com