



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

September 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 3^d 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.
P. O. Box 3696
Oak Brook, IL 60522-3696
Toll-free: 877-969-0010
PH: 630-990-0010
FAX: 630-990-0246
www.thecompassionatefriends.org

Upcoming Meetings

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

Tuesday - 9/3/19

Coping With Everyday Life / Reintegrating Into the Workplace

Facilitated by:
Dave

Wednesday - 9/18/19

Open Sharing Session

Facilitated by:
Regan & Carmen
-and-

Sibling Group

Open Sharing Session

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

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

The September website is sponsored

In Memory Of

JOEY BOLIVAR

We thought of you with love today.
But that is nothing new.
We thought about you yesterday.
And days before that too.
We think of you in silence.
We often speak your name.
Now all we have is memories.
And your picture in a frame.
Your memory is our keepsake.
With which we'll never part.
God has you in his keeping.
We have you in our heart...

-Author unknown-

Love,
Mom, Dad & Jenn



Our Children Remembered



September Birthdays

Robert Joseph Biondo son of Lorraine & Robert Biondo
Joey Bolivar son of Reggie and Cindi Bolivar
Derek Anthony Broughton son of Edward and Louise Broughton
Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc
Bryan Robert Cadigan son of Debbie Daly
Kelly Dawkins Lavigne daughter of Frank and Maureen Dawkins
Shane Lambert grandson of Irene Lambert
Erik Sean Rakos son of Frances Rakos
Glenn Buttrick son of Heidi Scott
Marquis Bergendahl son of Pauline and Chris Whynot
Michael Sverdlove son of Harry and Grace Sverdlove
Scott Peterson son of Tim and Parry Peterson



September Angel Dates

James Vincent Barreira son of Susan Barreira
Nicholas Alden Chittick son of Joann Chittick
Alfredo Alexis Trejo son of Alfredo and Lilliam Trejo
Kelly Dawkins Lavigne daughter of Frank and Maureen Dawkins
Harrison Andrew Lambert son of Gregory and Sigrid Lambert
Aaron DiBella son of Suzanne DiBella
Lia Madigan daughter of Maile and Daniel Madigan
Sarah Nicoll Boyle daughter of Jackie and Mark Nicoll
Mark Jepson sister of Shannon Kaiser
Daniel Edwards brother of Rebecca Edwards
Timothy Glendinning son of Tim and Barbara Glendinning

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

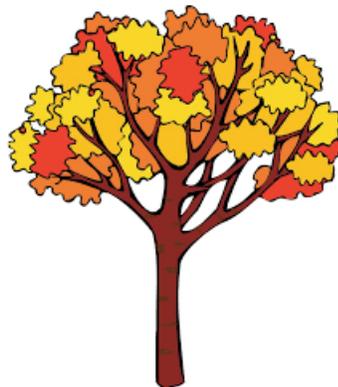
Ethan

It has been almost five years since my son died. I can scarcely believe that I have made it this far. Five years is a long time, and I have worked hard to come to terms with a life that will always be colored by grief. When I first started coming to meetings of The Compassionate Friends, my first question was, “When will this pain end?” I saw bereaved parents at the meeting who had learned how to smile and even laugh, so I knew it was possible to be happy again. But no one could answer my question.

The truth is that the pain never really goes away. School started the other day, and it hurts to realize that Ethan would be in seventh grade now. He would most likely be taller than me! I still have a hard time interacting with children because they remind me of the life that I am missing. The next three months are the most difficult time of year for me, but even in the midst of summer, I always wonder what Ethan would be doing now.

Only another bereaved parent can understand why I treasure that pain now. I have changed a lot; I take more chances, I know myself better, and I value happiness more than I ever did before. The last five years have been filled with lots of good memories. However, none of these memories include Ethan’s physical presence. Sometimes he feels very far away. At those times, it is my grief, the constant dull ache of missing him, that comforts me. It reminds me that my love for him is as strong as ever. Ethan may not be here physically, but his spirit is all around me. So he isn’t really far away at all, he is always right here in my heart.

Regan Lamphier – Ethan’s mom



Evolving Landscapes of Autumn

Autumn is a season in process.
Nature is unfinished.
Faced with a tableau of changing colors,
Scurried by a bewilderment of movements,
what we see today is gone tomorrow.
We know what is going to eventually occur,
but never quite sure of when or how.

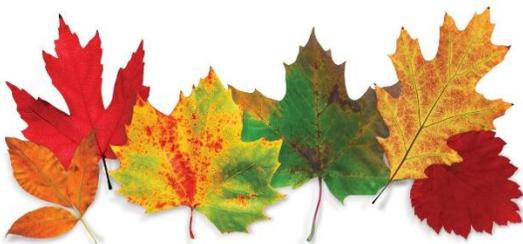
The barrel of fresh apples is not quite full,
the work not yet completed.
Leaves hang on wind-strewn branches
not wanting to let go.
Neither do I.

Like autumn, I am surrounded
by the inconsistencies of sadness and joy,
despair and hope,
hate and love.

This leave-taking and separation
is marked with pain of autumn's ultimate end.
Like leaves blowing in the wind,
I feel uprooted and unsettled.
I am tired and fatigued.
Dreary and wind-chilled days drag me down.
I'm obsessed about my loss
Fears control my thoughts.
Wanting to let go to find peace,

I don't feel whole.

From the book -A Different Season - by Joseph Robert Pfeiffer, LCSW
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From HEALING AFTER LOSS: DAILY MEDITATIONS FOR WORKING THROUGH GRIEF

by Martha Whitmore Hickman

January 18

Dying is a wild night and a new road
-Emily Dickinson

One of the things so astonishing and costly about losing a loved one is that, while the sun continues to rise and set, newspapers continue to be delivered, traffic lights still change from red to green and back again, our whole life is turned around, turned upside down.

Is it any wonder that we feel disoriented, confused? Yet the people we pass on the streets are going about their business as though no one's world had been shaken to the core, as though the earth has not opened and swallowed us up, dropped us into a world of insecurity and change.

It is, as Emily Dickinson says, "a new road" – for us as surely as the one we have lost. It will take us time to learn to walk that road. Time, and a lot of help, so we don't stumble and fall irretrievably. Those who have had their own experience of loss will probably be our most helpful guides – knowing when to say the right word, when to be silent and walk beside us, when to reach out and take our hand. In time, we will be helpers for others.

	<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

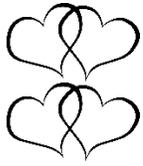
TCF North Shore-Boston Chapter Annual Walk To Remember



Click here for additional information:

[Walk To Remember](#)

(In the event of inclement weather necessitating the closing of North Reading public schools, our chapter meeting will also be cancelled.)



Love Notes

In memory of Andrew Wilder

“Doug got a comment on Facebook that he looks like you. We know he treasures the comment.”

Love you & miss you Mom, Dad & Doug (younger brother)

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- Boston Chapter, c/o Millie Becker, 14 Harris St. Unit #1, Salem, MA 01970. (do **NOT** send them to the editor), 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
c/o Millie Becker
14 Harris St. Unit #1
Salem, MA 01970

RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



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NEWSLETTER – SEPT 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