



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

August 2020

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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The Compassionate Friends, Inc.
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www.thecompassionatefriends.org

Upcoming Meetings

All future meetings until September are expected to be via Zoom online video meetings. We will update all chapter members when we anticipate restarting in person meetings. **Email invitations are by request.** A few days before each meeting we email each member an Invitation to the online meeting Zoom.

Wednesday - 8/19/20 - 7:30 PM

Online Video Meeting

(Email invitation to follow)

You may also contact tcfnoshoreconnect@gmail.com to request an invitation

-and-

Sibling Online Video Meeting

(Email invitation to follow)

You may also contact Aimeeb15@gmail.com to request an invitation

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

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

The North Shore-Boston Chapter website is sponsored this month in loving memory of:

BRIANNA PAUL

Where You Are

*All along you never left
 You're where you have always been
 You came from me, you come from me
 A truth that holds even when
 Sadness tries to cloud my soul
 And death's illusion makes its plea
 All along you never left
 You're where you will always be*

Love you forever,
 Mom, Dad, Erin & Eden



Posted on May 5th, 2020 on TCF National Site

I can say without reservation that the years spent grieving the loss of my daughter, daily missing her presence, created a loneliness harsher than anything I could ever have imagined. Now, throw in an isolating, disruptive virus floating through our cities and towns, large and small.

With sixteen years of grieving experience on my “life resume,” my attention over the past few weeks has turned to moms and dads who are “new griever,” those trying to navigate fresh grief when everything in the country – even planning a funeral or memorial service – is out of working order. You have many concerns and worries. My prayers, carried deeply in my soul, are for your comfort.

Maybe you have other people physically in your presence, or like me, you are at home alone. I’m kind of tired of hearing people whine about how tough it is to be “stuck at home” with their kids, coming up with clever ideas and innovative activities to get through this terrible time of being at home with the family.

Now, I’m not minimizing the challenges of setting up school at home and feeding hungry people all day long, believe me. I just wish these people on TV and dancing happily across electronic screens doing chores in their kitchens and cooking in the backyard had any idea of how very fortunate they are. Many parents are living in agony and would give anything and everything to have had more days, months, years with their precious children – even when they were aggravating the heck out of you. It’s impossible to communicate these feelings to anyone who has not lost a child, so I’m trusting you with my thoughts.

Right now you are dealing with the sorrow and isolation of today. Don’t look past today – today is enough. Take yourself outside for a while. If possible, take a short walk – it might turn into a longer walk when you realize walking helps to air out your feelings a little. This is a time to put yourself first when possible, as hard as that may be. Sit down with a book even if you can’t read more than a few pages. Eat something though you don’t feel hungry. (I had some popcorn and a bite of chocolate cake for breakfast, so who am I to be giving advice on nutrition?) Take a quick ride through a drive-through for a cold drink, some small treat to break up the day. Settle down with meditation or prayer though you feel as though you can’t focus. Try something for just a short time to calm your soul. My motto through the years has been “make the bed.” What???? To me that means to accomplish some small task, some little job that puts just a jolt of order and routine to my day. It helped me emotionally and psychologically to pull back the covers on the bed each night rather than toss around in a tangled mess. I would think – I’ve made it through a day – now I can leave it behind and see what happens tomorrow. You may feel like you are doing better in isolation. I have those times too. But, as you have already likely learned, time can turn on you in an instant, compounding your grief, isolation and loneliness. Reach out through Compassionate Friends to the other moms and dads who are struggling and who know your walk. Listen to what they are living. And, here’s something you may not have thought about – you are helping someone else when you have honest conversation with another grieving parent. When you become able to soothe someone else’s pain, you will recognize that your own healing has begun. It’s a privilege to share your pain. CAROL THOMPSON

Carol Thompson of Tyler, Texas is the mother of Sarah Kathryn Thompson who died in a 2005 pedestrian hit-and-run. Carol is a member of the local Compassionate Friends chapter, which serves East Texans, and finds healing in writing about the everyday-life aspects of living with grief.

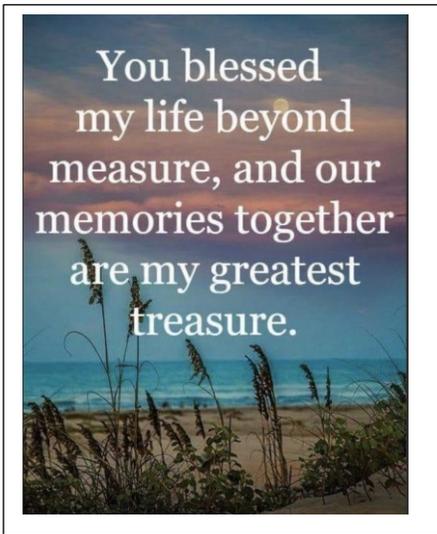
From: A Bed From My Heart website

By Angela Miller, author, speaker and founder of @abedformyheart

“I’m not sure there is one line I’ve thought and spoken and cried more than this one: I’m so sorry I couldn’t save you. I’m so so sorry. Of course, we would have done absolutely anything and everything to trade places with our child. In a heartbeat. One million times over. But unfortunately, we weren’t given that chance, or choice. Living with that truth is where the real work is. It is likely the hardest work we’ll ever do.

If you are struggling and feeling crushed under the weight of guilt, shame and self-blame, please know you aren’t alone in your feelings. Talk to a trusted person who will listen with love and compassion. Be with others who get it. Speak your truth. It’s okay to feel exactly how you feel. It’s okay to not be okay.

As a parent it is one of the worst feelings in the world to live with the fact that no matter how hard you tried, you couldn’t protect your child from death. It is torture of the worst kind. Please know you aren’t alone. We’re here. We get it. We know exactly how it feels. We send infinite love and support to each and every aching heart. Always remember: you are not alone. We’re here to walk with you every step of the way.



My Star In Heaven

I am sending
a dove to heaven
with a parcel on its wings
be careful when you open it
It’s full of beautiful things
inside are a million kisses
wrapped up in a million hugs
to say how much I miss you
and to send you all my love.

I hold you close within my heart
and there you will remain
to walk with me
throughout my life
until we meet again.

-Author Unknown

**TCF North Shore-Boston
WALK TO REMEMBER
Sunday, September 27, 2020
10:00 AM - 1:00 PM
Ipswich River Park
15 Central Street North Reading, MA**

Walk To Remember is subject to change based on Public Health Guidelines

On **Sunday, September 27th**, we are planning to hold the North Shore-Boston Chapter’s 5th annual **Walk to Remember** at the Ipswich River Park in North Reading, as long as it is safe to do so by that date, according to public health guidelines. The event will start at 10:00 AM and end at 1:00 PM. Participants are welcome to bring their own picnic lunch. The chapter will provide bottled water.

To **register** for the **Walk To Remember**, please visit our website at tcfnoshore-boston.org. **Registration fee is \$15 per person, but children under the age of 12 may participate for free.**

*If you are unable to participate in the **Walk To Remember** but would like to contribute to the fundraiser you can select the donate button on our website*

MY CHILD DID EXIST

Author unknown

I’ve lost a child, I hear
myself say,
And the person I’m talking
to just turns away. Now
why did I tell them, I don’t
understand.
It wasn’t for sympathy or to
get a helping hand.
I just want them to know
I’ve lost something dear.

My child left something
behind which no one can
see. My child made just one
person into a family.
So if I’ve upset you, I’m
sorry as can be.
You’ll have to forgive me, I
could not resist.
I just want you to know that
my child did exist.

A Poem for Dave's 31st Birthday

31 you would have been
If you were still here with us today
But you left us way too soon, my son
So now to talk to you, I pray

I've returned all your photos to their albums
Found where they went...somehow
I thought I'd have the strength to do it
But it was still overwhelming, even now.

Remembering you won't bring you back
But it brings back the happiness,
The joy and love you brought to us
So for a while I can forget the rest.

This is all I have left of you
The possessions, the photos, the "stuff"
There will be no new memories....
It will never be enough

But it is all I have, so I'll do my best
To remember everything you've done
And wish a Happy Birthday
To my one and only son.

Cathy Mulno, mom of SPC David Mulno
Angel date August 12th, 2012

Our Children Remembered



Alfredo Alexis Trejo son of Alfredo & Lilliam Trejo
David Eric Czarnota son of Karen Czarnota
Andrew Geljookian son of Nancy & John Geljookian
Eric Hill son of Peggy & Tom Hill
Glenn James McCloy son of June & Jim McCloy
Brianna Lee Paul daughter of David & Melinda Paul
Sibling of Eden and Erin Paul
Robert Hale Tavares son of Lorraine Snow
Victor Vogis son of Victor & Margo Vogis
Daniel Ronan son of Susan Eldred
Megan Sawyer Daley daughter of Kathy and Dan Daley
Julia Elizabeth Vanella daughter of Joseph Vanella, Jr.
Christopher Dennis Lane son of Marilyn Lane
Julian Cayer son of Matt & Lauren Cayer
Anthony Travalini son of Anne Travalini
Andrew Brooks Son of David and Waldina Cameron
Nicole Hufnagle daughter of Janet and Gary Hufnagle
Mathew Carr Son of Patty Carr & Brother of Sarah Carr
Quinlan Weekes son of Lindsay and Jaunel Weekes
Tritan James Rice son of Brian Rice
Peter Merrill son of Martha Merrill
Jade Anna Williamson daughter of Adam Williamson & Jenny Chong
Joshua J. Williams son of Donna Williams
Mitch Lortz son of Jeff Lortz



August Angel Dates



Derek Anthony Broughton son of Edward & Louise Broughton
John Arthur Driscoll son of John & Susan Driscoll
Geoffrey Gonzalez son of Iris Gonzalez
Amber Mace daughter of Tammy Mace
Gale McLaughlin daughter of Joan & Frank McLaughlin
SPC David Mulno son of Cathy and Harry Mulno, sibling of Alyssa Mulno
Jeannie O'Hare daughter of Jean & Tom O'Hare
Michael John Smithers son of Marnie Smithers
Katherine Stephanie Grant daughter of Laurie Grant
Jade Anna Williamson daughter of Adam Williamson & Jenny Chong
Mathew Carr Son of Patty Carr & Brother of Sarah Carr
Mitch Lortz son of Jeff Lortz
David John Santucci son of John & Marie Santucci
Colin Ambrose McComber son of Shari McComber
Steven Ronan son of Susan Eldred
Griffin Nathan Lamar son of Nicole and Nathan Lamar
Rosamond Leslie "Lindsey" Huntoon daughter of Louise Huntoon
Seth Bottari son of Steve and Sarah Bottari
Brooke Romswell niece of Susan Haggerty
Ziggy Prior Lowe son of Danielle Chiapella & Josh Lowe

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

	<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

UPDATES:

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.

A New Way to Donate to the North Shore – Boston Chapter

With the introduction of our new website we have added the ability to donate to our chapter via the website in three different ways: A Love note, Website Sponsorship, or a General Donation. It can be accessed at our website or by clicking here: [TCF North Shore-Boston Donation Page](#)



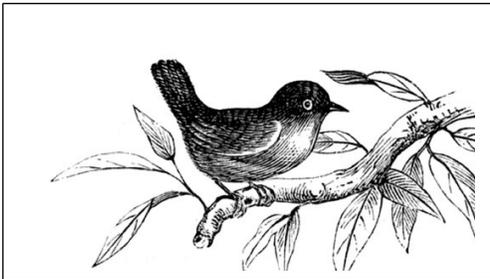
Love Notes



In Memory of Glenn James McCloy,

We will always love you

Love Mom + Dad



In Memory of Victor Vogis,

Happy 40th Birthday in Heaven. Twenty years have passed and we miss you everyday. I wish you were still here with us to celebrate all life's joy

Love Mom, Dad, Katya, Omas, Esther, Tony, and Margo

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: _____

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 – August 2020



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
tfnoshorenews@gmail.com