



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

January 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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Toll-free: 877-969-0010
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:

Wednesday - 1/15/20

Staying Connected to Our Children

(Share Signs, Stories, Photos)

Facilitated by:

Tim & Carmen

-and-

Sibling Group

Open Sharing Session

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

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

The January Newsletter is dedicated to

AIDAN MacKAY
In memory of our
son and brother, Aidan.
We miss you, our sweet boy.
Although you're gone,
your light remains in
our and your sisters' hearts.
Mom, Dad, Addie and Callie



This Is What The Heartbreak Of Child Loss Looks Like

by Shayna Raphael

Child loss can take many different forms.

It's been lying in bed all day or hearing a song on the radio that brings you to tears. Child loss has been sitting by her marker at the cemetery singing to her or waking up in the middle of the night thinking you hear her crying for you.

Child loss has been finding one of her pacifiers in a box and hiding it again somewhere else because you don't want anyone to touch it. It means having Tupperware and Ziplock bags neatly lined up in the bottom drawer in your nightstand. Inside the bags you have the pajamas she slept in the night before she died, and the sheets you pulled off her mattress, hoping that one day you'll take them out and they might still smell like her. It's being too afraid to ever actually open up those Ziplock bags for fear of being broken when they don't smell like her. Child loss means seeing other children who are the age she should be and fighting the jealousy you have of their moms. It's seeing parents ignore their children or complaining about them and wanting to scream and shake them and tell them to be grateful.

Child loss is looking over at your husband and seeing tears form in his eyes when you talk about her. Child loss is knowing others are walking on eggshells around you, so they won't upset you or bring you heartache. Child loss is talking about her whenever you can with other people and ending up with heartache because of it. It's feeling guilty when you buy something for your living child and not for the one you lost. It's then turning around and buying something you can bring to her grave.

Child loss is not being able to drive on a certain road because you went that way when you raced to the hospital. It's not being able to look at the history of ordered items on your grocery app because it is in alphabetical order and one of the first things that pop up are her favorite jars of food. It's not buying certain prints of diapers for your youngest because those were her diapers. It's eyeing a baby who looks so much like her and trying not to stare.

Child loss is trying to put together a slideshow and an obituary when you still aren't quite sure what's happened. It's a small box being lowered into the ground. It's the sound of your own sobs as people talk about your child in the past tense. It's a flood of cards and messages and hands grasping to lift you up, when you want to be let go.

Tonight, child loss was holding my 5-year old daughter as she came running in, while I was taking a bath, with tears streaming down her face. It was trying not to cry as she wailed for her sister and told you how much she missed her. Child loss is more than just grieving for you. It's parenting and loss and heartache and memories and longing for what should have been. It is the worst thing I will ever experience, but it looks like something you would do all over again, for a moment with your child.

HEALING AFTER LOSS
by Martha Whitmore Hickman

January 1
...I put down these memorandums of my affections
In honor of tenderness,
In honor of all those who have been
Conscripted into the brotherhood
Of loss...

-Edward Hirsch

When we are drawn into the brotherhood or sisterhood of loss, tenderness seems to be our natural state. We are so vulnerable. Everything brushes against the raw wound of our grief, reminding us of what we have lost, triggering memories - a tilt of the head, a laugh, a way of walking, a touch, a particular conversation. These images are like beads strung together on the necklace of loss. Tenderly, we turn them again and again. We cannot bear them. We cannot let them go.

Then, gradually, bit by bit, the binding thread of grief somehow transmutes, reconstitutes itself as a thread of treasured memories - a tilt of the head, a laugh, a way of walking, a touch, a particular conversation as gifts from the life we shared with the one we have lost, gifts that can never be taken away.

May I honor - and trust - the process of grief and healing, knowing that, in time, a new day will come.

LIFE IS BUT A DREAM

I am lying next to you, awake now while you sleep,
For death has just released me, yet in your dream you weep.
If only you could see me, so peaceful and serene,
But you must live a little more and carry on the dream,
A dream from which one day you'll wake and see me by your side,
And know for sure that I'm still here and that I never "died."
So now go on, be strong and look for me in wondrous things,

In the quietness of starlight and the warmth that sunshine brings,
And hear my voice to calm you, to say that it's all right,
For I'm only here beside you, whispering in the night.
Of course you'll cry, you'll miss me, your very soul will ache,
But I am here, a breath away, waiting for you to wake,
So know that life is just a dream of love and fleeting pain,
And know I'm waiting by your side to love you once again.

Author-Paul Hayward

You can do the
IMPOSSIBLE,
because you have
been through the
UNIMAGINABLE.

Christina Rasmussen

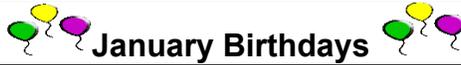


**THE
COMPASSIONATE
FRIENDS**
Supporting Family After a Child Dies

**I wish
I could tell you
the pain's not
always there,
but it is.
A l w a y s.
Behind every smile,
within every tear.**

A Bed For My Heart

Our Children Remembered



Shane Michael Loizides son of Janet Sutcliffe
Todd MacDonald son of John and Janet MacDonald
Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi
Geoffrey Gonzalez son of Iris Gonzalez
Maria Lorraine Andrews daughter of Michelle Smith
Neal Richard O'Brien Jr. son of Neal and Nancy O'Brien
Christina Laura-Ann Saviano Daughter of Laurie Saviano
Jonathan (Jed) Lazar son of Jon and Noreen Lazar
Christopher Michael Rollins son of Nancy & Rick Rollins
Zachary Doyle Hilton son of Patricia Doyle
Katherine Stephanie Grant daughter of Laurie Grant
Robert Kagacha son of Sarah Kagacha
Mario Miller son of Maria Sallese
Alex Vitale son of Rob & Robin Vitale
Nathaniel (Nate) Doiron son of Stacey & Linus Doiron and grandson of Dorothy Molley
Faith-Ena Davianna Watkins daughter of Andria Nemoda and Michael Watkins

January Angel Dates



Aram Karakashian son of Pat and Garo Karakashian
Deirdre Helene Olson daughter of Catherine E.B. Olson
Glenn Buttrick son of Heidi Scott
Peter Costas son of Barbara Costas
Victor Vogis son of Victor and Margo Vogis
Jonathan Corey son of Reenie McCormack and Ron Corey
Brianna Lee Paul daughter of David & Melinda Paul sister of Erin and Eden Paul
Robert Anthony Viera son of Arlene Viera
Courtney Marie Corning daughter of Ginny & Jack Corning
Christopher Muraca son of Maria Muraca
Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc
Joel Wesley Lindquist son of Roy and Mariann Lindquist
Matthew Dalimonte son of Patti Dalimonte
Julia Elizabeth Vanella daughter of Joseph Vanella, Jr.
Kaleigh Lambert granddaughter of Irene Lambert
Shane Lambert grandson of Irene Lambert
Faith-Ena Davianna Watkins daughter of Andria Nemoda and Michael Watkins
Quinlan Weekes son of Lindsay and Jaunel Weekes
Eliot Lee Bennett son of Eric and Elizabeth Bennett
Robert DeCarlo son of Janet DeCarlo Staples

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: tfnoshorenews@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
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

One of our members, Jody Marchand, has made us aware of an event in support of domestic abuse victims. Her daughter, Olivia, died on February 1st 2010 as a result of domestic gun violence. Jody survived the same event and wants to share the importance of this issue. On February 1st 2020, ten years to the day of Olivia’s death, there will be a statewide meeting in honor of National Gun Violence Survivors at which Jody will be speaking. The meeting is in Westford, MA and info can be accessed at this link: [MA-Westford-Honor Survivors of Gun Violence](#).

“Clear as Glass” A Mother’s Journey of Letting Go

Recently one of our chapter parents, Karen Sobanek Cioffi, published her first book – “Clear as Glass- A Mother’s Journey of Letting Go”. It is a memoir telling the story of her very challenging upbringing and her struggle to provide a stable home for her son, Jason, and then to survive his death. It is a powerful and painful story to read and it is a story of survival and faith. We all carry our own story within us and we are grateful that Karen is willing to share hers. You can see Karen’s book on Amazon and we have a copy in our chapter library.



Love Notes



In memory of our son Erik Sean Rakos I love you and miss you today and everyday. Love Mama

In Memory of daughter Courtney Marie Corning. It will be 13 yrs Jan 5, 2020. It feels like 2 lifetimes of heart break and emptiness. You are loved and missed by all of us. Merry Christmas & Happy New Year Sweetheart. "Forever in our hearts"." Love you long time" baby girl! love Mom, Dad, and Family "143" oxoxo



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

Millie Becker - 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

Millie Becker
14 Harris St unit 1,
Salem, MA 01970

RETURN SERVICE REQUESTED

**DATED MATERIALS
PLEASE FORWARD**



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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