



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

July 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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Oak Brook, IL 60522-3696
Toll-free: 877-969-0010
PH: 630-990-0010
FAX: 630-990-0246**

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 asking if they would like an invitation. If they reply "yes" then we send the Zoom meeting invitation.

7/06: Online Video Meeting:

* Email tcfnoshoreconnect@gmail.com if you would like to participate

7/15: Online Video Meeting:

*Email tcfnoshoreconnect@gmail.com if you would like to participate

Sibling Online Video Meeting TD

*Email Aimeeb15@gmail.com if you would like to participate

8/03: Open Sharing:

*Email tcfnoshoreconnect@gmail.com if you would like to participate

Chapter Leader: David Paul
tcfnoshoreconnect@gmail.com

978-771-6345

Newsletter Editor: Eden Paul and Regan Lamphier
tcfnoshorenews@gmail.com



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

SHERYL BECKER

Sheryl,
Thinking of you on your 53rd birthday!
Thinking of how you would be so
overjoyed to have a niece
and be called "Auntie Sheryl".
Missing you every day!
Sometimes it feels like the blink
of an eye since I last saw you,
other times I know it's 15 long years
since you passed.
I think of you when I'm quilting,
cooking, making hamburgers
and listening to "your music".
You are constantly on my mind!

Love, Mom & Dad

TOM POPE

Tom,
We will never stop missing
your physical presence
or wondering how things
might have been,
but we will be forever grateful
for the 11 ½ wonderful years
we got to spend with you.
Thanks for the love and joy
you brought into our lives.

Love, Mom, Dad, Kelly, Dave



**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**

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.*

SUMMER

Posted on June 25th, 2020

On the beach, cool breezes blow across the water, but the sun's rays feel warm upon my face. The ocean laps gently at the shore. I see one golden-haired lad with shovel and pail filling the moat around his carefully constructed sandcastle. I remember another golden-haired boy of years long past, wearing his bright red swimsuit, busy at his task and oblivious to all around him. Carefully, patiently, he fills and empties his pail again and again, molding and shaping the sand until he has it just right, until his perfect castle is completed. He runs to me, eyes aglow with pride, his dimpled smile stretched from ear to ear.

He dances around me. "Mommy, come see! It's finished! It's perfect!" We stand and admire it together. One bucket of sand turned upside down, a tiny trench encircling it. To us, it is a perfect castle. But then it happens. A wave, much bigger than the rest, washes away his labor of love. His green eyes fill, his lip quivers momentarily and then he squares his shoulders and announces, "Oh well, I'll begin again tomorrow."

And now recalling that other sunny summer day, my own eyes brimming with tears, my own lip quivers until I remember that I, too, can square my shoulders and "begin again tomorrow."

Betty Stevens
TCF, Baltimore, MD

From "Healing After Loss: Daily Meditations for Working Through Grief"
By Martha Whitmore Hickman

*Failing to fetch me at first keep encouraged,
Missing me one place search another,
I stop somewhere waiting for you.*
-Walt Whitman

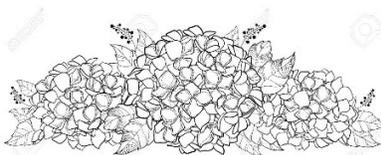
Where have the dead gone? Where can we find them?

We will wear ourselves out, asking these questions, and yet we do. We return to their favorite haunts, hoping for a sense of their presence. We may find there what we are looking for. And if we do, it may make us sad, or happy.

There is no predicting. People tell of encountering the spirits of loved ones at places they had visited together – or at places with which they had no connection at all.

Sometimes it seems they are notable only for their absence. Sometimes it seems we can almost call them forth. And sometimes they surprise us.

A friend tells me how, sitting alone in a church, playing the organ, he was visited several months ago after her death by the presence of a young woman, a presence so strong that after a while he stopped his playing and said, "All right, Mary Beth." Then, he says, "I felt her smile."



A Wedding and A Funeral

Intended to be a fall wedding in New England. A rustic barn at the historical society of a quaint Boston suburb with puritanical charm. The fall foliage bursting with color would have framed hundreds of wedding photos. The choice of season was not meant to be, but the beauty of this love was celebrated instead on a perfect Spring day five months earlier than planned.

The Groom, our intrepid blogger, whose words entertained, and insights struck tragic chords. His life celebrated by hundreds in a memorial service last August and 70 days before his first wedding anniversary. The Bride, a beautiful and amazingly selfless woman, who devoted her most valuable possession, her love, to a terminally ill man. She beautifully completed his tragically short life and now must find a way to translate this love to a positive impact on her future.

His life humbles us, shining light on the fragility of our existence and the meaning of our time here. With a forced hand, he stepped up when others would have wilted. He taught us that we could simultaneously laugh at our discomforts while staring down our fate. His bravery should be a lesson, and the way he touched the lives of others passed on in some way.

He held both a curse and a gift. His condition enabled the transcendent thoughts of how to love, live, and be the best person you can be. His ability to relate, understand, and communicate his insight with such simple clarity and irreverent humor became his gift to us all - afflicted or not.

Within the frame of 24 years, he had the opportunity to experience something many of us never find – an authentic and deeply loving relationship. He defined love as a “feeling of invincibility when you take on everyday life with your partner.” Nobody should be deprived of this feeling in their life, but many don't appreciate this blessing.

He taught us that YOLO is only a bumper sticker unless you know “what is important and what is not.” And, once you know what you want, “doing it now should never overrule doing it right.” He believed it was worth fighting for that time, even when it seemed hopeless. The brackets of our lives remain open with time and ability to generate hope limitlessly.

We still have an opportunity to maximize our time. We live free of the burden to constantly “balance denial” of a defined mortality “with preparing emotionally for the end.” Why do you need to be terminally ill to realize that “worry is like a rocking chair, it gives you something to do but doesn't get you anywhere”?

We can align our perspective – appreciate each moment as an opportunity. What if we saw each new thing “to be more special as you experience them?” We don't need our fate predefined to cherish every moment. This mindset would “turn concerts into cathartic experiences, holidays into milestones, and changes the time you spend and the relationships you build into a legacy. “

His memorial service was a blur. We could not see through the tears in our eyes but felt the warmth from a sanctuary overflowing. We owe him the effort to take his message and fill our time with the lessons from his life. We don't need “a timer on our life for forgiveness to come easier, pride to become less important, and things like humility and righteousness to become more important.”

Unencumbered by the burden of our mortality, we have time to YOLO, but to do it right, to love and be invincible with our partner, and to build our legacy with righteousness, grace, and humility. Take his legacy as we live to form our own.

Author's Note: This post is submitted on behalf of Jeffrey Mitchell Lortz by his family as the epilogue to SeriouslyCancer.com, Mitch's blog which he wrote to chronicle his journey from being diagnosed with terminal cancer and given a few months to live to his marriage almost 4 years later, a few months before his death.

Before his passing, Mitch expressed hope that his blog would continue to help others without his stewardship. We continue to seek ways to publish and distribute his work to others impacted by Cancer. Suggestions are welcome: Please visit

www.SeriouslyCancer.com



Our Children Remembered



Sheryl Lynn Becker daughter of Millie & Jerry Becker
David Conant Siljeholm son of Anita Siljeholm
Derek Frechette son of Janet Frechette
Edward Michael Hedrington son of Jo Hedrington
Tiffany Marie Hines daughter of Jeff and Debbie Hines
Reid Robert Sacco son of Gene & Lorraine Sacco
James Devlin Thabet son of Sheila & Khaire Thabet
Cary Thabet son of Sheila Khaire Thabet
Wendy Kagan Snyder daughter of Billie and Sumner Kagan
Andrew W. Taylor son of Constance Taylor
Stephen Baglioni Son of Peter Baglioni
Rosamond Leslie "Lindsey" Huntoon daughter of Louise Huntoon
Michael Sawyer son of Diane Sawyer
Darcie Forrestall daughter of Sally and Tim Morse
Conor Bates son of Eileen Bates
Griffin Nathan Lamar son of Nicole and Nathan Lamar
Jax Gamal Lee Son of Aisha Lumumba
Ziggy Prior Lowe son of Danielle Chiapella & Josh Lowe



July Angel Dates



Lino J Brosco son of Leno and Emilia Brosco, sibling of Rose Ames
Christian E. Frechette grandson of Janet Frechette
Jared Linzey son of Sharyn & Tom Linzey
Thomas Hart (Tom) Pope son of Carmen and Jeff Pope
James Devlin Thabet son of Sheila & Khaire Thabet
Jordan Zaff son of Driss Zaff
Samantha Ruth Fargo daughter of William and Justine Fargo
Jax Gamal Lee Son of Aisha Lumumba
Tyler Weymouth Sibling of Andrew Weymouth
Amber Zapatka Daughter of Lise and Ed Zapatka
Brian Robert Pellegrino nephew of Alyse and Joe Bonfiglio
Christopher Drelich son of Zib and Bonnie Drelich

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

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



Derek,

You are my first thought in the morning and my last thought at night. Miss and love you so.

Love, Mom, your wife Tina and children Cameron, Ashton, Caden, Reese, Reegan and you are with your son Christian

Christian,

It's hard to believe it's been 13 years. Feels like yesterday. Your family misses you so. In our hearts always.

Love Nana, your Mom and brothers and sisters. Dad is with you

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 – July 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
tcfnoshorenews@gmail.com