



# *The Compassionate Friends*

## *North Shore-Boston Chapter*

### **Supporting Family After a Child Dies**

Newsletter

June 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 1<sup>st</sup> Monday and 3<sup>rd</sup> 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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Toll-free: 877-969-0010  
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[www.thecompassionatefriends.org](http://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.

**6/01: Monday: Online Video Meeting 7:30PM**

**6/17: Wed.: Online Video Meeting 7:30PM**

**6/17: Wed: Sibling Online Video Meeting**

Email [Aimeeb15@gmail.com](mailto:Aimeeb15@gmail.com) if you would like to participate

Chapter Leader: David Paul 978-771-6345  
[tfnoshoreconnect@gmail.com](mailto:tfnoshoreconnect@gmail.com)

Newsletter Editor: Eden Paul and Regan Lamphier 603-264-9391  
[tfnoshorenews@gmail.com](mailto:tfnoshorenews@gmail.com)

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

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#### **ROGER COSTA**

In memory of our son  
and brother, Roger,  
on his 34th birthday and  
30th anniversary of the day  
he became an Angel.

We love and miss you, buddy!  
Love, Mom, Dad and Matt

-and-

#### **TODD MacDONALD**

Todd, We remember you  
and your cats, who loved  
sitting on your laptop  
as you worked.  
I remember your daring rescue  
of the abandoned kitties  
from the vacant house;  
you brought them home  
wrapped in your coat.  
We still care for them all,  
as you would have.

Love, Mom, Dad, and Tracy

**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.

**FROM ONE GRIEVING DAD TO ANOTHER – published on WHAT'S YOUR GRIEF.COM By Jeremy Earney**

I had a great nine years with my Lexi before a seizure took her away from me. I always lived a "normal" life. But now I have to find a new normal as I can never have the old one back. When you lose a child, they take such a big part of you with them to heaven. You will always have that open space in your soul for that's where you store the memories. It takes time, trust me, each person grieves differently, at their own pace. You will never truly be done grieving; you will learn to live and cope with it each day. I believe the human mind is so powerful that it will build walls around this time of your life, your emotions, your feelings will be kept in this box forever as a keepsake. The only time you can access this is when you let your walls down. Do not be afraid to cry or be sad at times. But thrive off of the memories and good times. Just don't let the grief consume you completely. There will come a day when you will look back and see the goods before the bands. From one dad to another, peace be with you my friend.

## **CLOSURE**

Anyone that has lost a child knows how irrelevant this word seems. It may be phrased or expressed in different ways such as “Getting past it”, or “Moving on”. None of these apply and never will. Often the people using these terms are simply expressing a hope that is often rooted in fear. They want to see you get “better” because a child’s death turns the world up-side down. If something as tragically painful as this can happen to you then it could happen to them. They do not want to see you in pain, and they don’t want to have to continue to face their fears. But that is them, what about us? Since there is no closure what is there?

After our daughter’s death one of the thoughts that was present in my mind every day was “I can’t continue to live with this pain. How do I survive with this level of sorrow?” I was not just dealing with my grief but also watching my wife and our other two daughters dealing with their pain. Where was the path out of this? Many newly bereaved parents ask this question very directly – “How long will I feel like this?” or “Will I ever feel better?” In some sense I think what we are looking for in these early stages is a kind of closure or a path out. It has been over eleven years since our daughter’s death, and it has become easier for me to talk about this idea of closure. The pain I feel now is different than in those early days, weeks and months and I know that it will continue to change. Even on my best days I miss her physical presence. While I still have feelings of sadness when I see her picture, I also can laugh about things she said and did, and she still brings me tremendous amounts of happiness. Pain, sadness, happiness, laughter, and love – these things all still exist because we still have a relationship with our children. So, while the pain we feel may make others uncomfortable at times, and our grief can overwhelm us, there will be no closure. How can there be closure to a relationship that continues to exist? My relationship with my daughter will continue to change as everything does. There is nothing to close, nothing to get past and there will be no moving on. Our relationship continues.

David Paul – Leader  
TCF North Shore-Boston

### **A Discussion on When to Restart In-Person Chapter meetings**

Last month we sent out a survey asking for people’s input on when they would be comfortable once again attending in-person chapter meetings. Based on a sample size of 30 respondents the feedback (80 percent of those responding) was that September was a reasonable timeframe to re-start in-person meetings. For now, we will plan around that. However, this could change based on additional feedback from our chapter as well as general conditions.

Also – There was almost unanimous feedback as to keeping the Online Video meetings going even after we restart in-person meetings so, we will looking into that.

## *Our Children Remembered*



Christopher John Pope son of Carmen and Jeff Pope  
Alexander John Whipple son of Richard and Nancy Whipple  
Jason Dixey son of Sandy & Barry Dixey  
Harrison Andrew Lambert son of Gregory and Sigrid Lambert  
Eric Kronk son of Kathy and Walter Kronk  
Jeannie O'Hare daughter of Jean and Tom O'Hare  
Donald Tottingham son of Mal and Bobbie Tottingham  
Tanya Anne Phillips daughter of Marilyn and George Phillips  
Jason Michael Sobanek Son of Karen Cioffi  
Joey Brancato son of Andy Brancato  
Marc Ouellette son of Donna Marcotte and Bob Ouellette  
Ella Rose Biggio daughter of William and Allison Biggio  
Alicia Carol Gillespie daughter of Carol Fiore  
Alison Neenan Herman daughter of Christine Neenan  
Roger Gregory Costa son of Alice and Gil Costa  
Susan Rita Bean daughter of Ellen Bean  
Rebecca Jean Knight daughter of Betty and Owen Knight  
Danielle Lynn Acoin daughter of Susan and Michael Acoin  
Steven Ronan son of Susan Eldred  
Michael Joseph Glionna son of Terry Glionna

## **June Angel Dates**



Christopher John Pope son of Carmen and Jeff Pope  
Andrew Adams Wilder son of Mark and Betty Wilder  
Jon Paul Rahall son of Bernadette Rahall  
Darien Sanford-Castro son of Diane Sanford  
Todd MacDonald son of John and Janet MacDonald  
Bryan Robert Cadigan son of Debbie Daly  
David Eric Czarnota son of Karen Czarnota  
James Kimball Carlsen son of Kathy Carlsen  
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier  
Kara Lynne Irving daughter of Jean and Jerry Irving  
Bobby Moore son of Jeff Moore  
Hunter Fredrick Siebel grandson of Vita and Gordon Trainor  
Brent Robert DiLibero Barbara and Bob DeLibero  
Alicia Carol Gillespie daughter of Carol Fiore  
Alison Neenan Herman daughter of Christine Neenan  
Roger Gregory Costa son of Alice and Gil Costa  
Susan Rita Bean daughter of Ellen Bean  
Rebecca Jean Knight daughter of Betty and Owen Knight  
Danielle Lynn Acoin daughter of Susan and Michael Acoin  
Stephen Baglioni Son of Peter Baglioni  
Megan Sawyer Daley daughter of Kathy and Dan Daley  
James (Jimmy)Reppucci sibling of Crystal Reppucci  
Benjamin Thomas Huxtable grandson of Alaina & Peter Huxtable  
Charlee Charette Daughter of Christopher and Samantha Charette  
Tom Alfieri son of Diane Alfieri

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](mailto: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><b>Please be considerate in the timing of your calls to these volunteers.</b></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



**TCF North Shore-Boston Spring Event**  
***"A Garden For Our Children"***

**\*\*\*Spring Event\*\*\* POSTPONED**

The TCF North Shore-Boston Spring Event, *A GARDEN FOR OUR CHILDREN*, was scheduled to be held on Monday, June 1st at 6:30pm at the Aldersgate United Methodist Church, North Reading. However, due to the current Coronavirus pandemic, this event will be delayed until further notice. The plan is to gather to plant flowers in memory of our children in a garden at the entrance of the church. A flower will be provided to each family in memory of their child, grandchild or sibling. The plantings will be organized by our TCF volunteers.

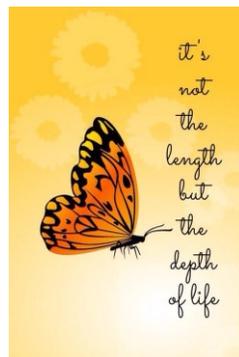
***\*\*\*Information regarding this event will be posted on the TCF North Shore-Boston Chapter Website, Facebook Page and Newsletter. Please stay posted for future updates.***

## **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](mailto: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 loving memory of our son, Donald Tottingham, on his birthday, June 30<sup>th</sup>.

- *Malcolm and Bobbie Tottingham, Mom and Dad.*



We love you, Dave, and miss you every minute of everyday.

- *Love Mom, Dad, and Alyssa*

Christopher, Sending you our love on your 26<sup>th</sup> birthday.  
Forever in our hearts

-*Mom, Dad, Kelly, Dave*

*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 – June 2020**



National Website: [www.compassionatefriends.org](http://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](http://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](mailto:tcfnoshorenews@gmail.com)