



# The Compassionate Friends

## North Shore-Boston Chapter

### Supporting Family After a Child Dies

Newsletter

April 2021

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 via Zoom Online at 7:30PM. We also hold an in-person meeting on the 4th Wednesday of each month at the Aldersgate Methodist Church, 235 Park Street, North Reading at 7:00 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  
48660 Pontiac Trail #930808  
Wixom MI 48393  
Toll-free: 877-969-0010  
PH: 630-990-0010  
FAX: 630-990-0246**

[www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

#### Upcoming Meetings

<p><b>Wednesday, 4/21/21</b> <b>7:30 PM</b></p> <p><b>Online Video Meeting</b> - Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to participate  <b>Topic:</b> Open Sharing Session  <b>Facilitators:</b> TBD  <i>-and-</i>  <b>Sibling Group Online Video Meeting</b> - Please contact <a href="mailto:Aimeeb15@gmail.com">Aimeeb15@gmail.com</a> if you would like to participate  <b>Topic:</b> Secondary Losses</p>
<p><b>Wednesday, 4/28/21</b> <b>7:00 - 8:30 PM</b></p> <p><b>In-Person Meeting</b> (meeting will be limited to 15 participants)  Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to attend  <b>Topic:</b> Staying Connected To Our Children  <b>Facilitators:</b> Tim &amp; Dave</p>
<p><b>Monday, 5/3/21</b> <b>7:30 PM</b></p> <p><b>Online Video Meeting</b> - Please contact <a href="mailto:tcfnoshoreconnect@gmail.com">tcfnoshoreconnect@gmail.com</a> if you would like to participate  <b>Topic:</b> Open Sharing Session  <b>Facilitators:</b> TBD</p>

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

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

Regional Coordinator: Dennis Gravelle 978-532-2736  
[dgtcf@aol.com](mailto:dgtcf@aol.com)



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

**ERIC THOMAS HILL**

Eric (Sweetie Pie),  
We think of you everyday.  
I miss your beautiful smile,  
laughter, hugs and kisses!  
GOAL! Go Grease Lightning!  
I know you are watching over us  
and that we keep you busy :)  
Love you to the moon and back!

Love you forever,  
Mama xoxo

-and-

**RYAN JAMES GILLIGAN**

*Excerpts from*  
**"I am Learning How to Live"**  
*by Jamey Wysocki*

Ryan,  
I am learning how to live  
In a new way  
Since that day  
You were taken away  
9 years ago.  
Knowing you're in God's care  
It gives me the strength to move on.

Love, Mom

## Springtime Grief

From COPE Clinical Director Amy Olshever,  
PhD, LCSW

How do you feel when you see the purple and yellow of new crocuses? Or at the arrival of the first robin? The beginning of spring might make you feel better and feel new hope. And when we are grieving, feeling better and hopeful may also make us feel as if we are betraying the memory of our lost loved one. It is normal to experience new heightened grief or anxiety related to your grief in spring, just as it is in other seasons of the year. Although warmer, sunnier months can be nurturing and inspire new hopefulness, grief does not suddenly go away just because seasons change.

Spring generally brings a sudden flurry of change and things begin to move faster all around us. There is rebirth and renewal in nature as flowers and trees bloom and everything turns green again, and people quickly begin to flock to their favorite warm-weather activities. Try to take time to sit down and make some plans that can nurture you and help you cope with your losses and grief.

A helpful way to respond to anxiousness about spring and summer is to remind yourself about those things that YOU are in control of. Warmer months offer other opportunities for nurturing activities such as walking in nature, planting gardens, photography, family gatherings, stargazing, and many other things. When you are outside, take a moment to inhale and then to exhale. To be in control of the one moment you have control over. And give yourself permission to experience the warmth of spring on your face and in your heart.

### Ode To My Son

**Val Hugstad**  
**You are gone.**  
**My body aches.**

**My heart is empty.**  
**My soul seeks yours in despair.**  
**No joy is mine.**  
**Then hope appears, grows into faith, transforms**  
**into truth...**  
**We are one.**  
**Your warmth heals my bones.**  
**Your memories fill my heart.**  
**My soul embraces and releases yours.**  
**Joy is ours.**

I did not know the work of mourning  
Is like carrying a bag of cement  
Up a mountain at night

The mountaintop is not in sight  
Because there is no mountaintop  
Poor Sisyphus grief

I did not know I would struggle  
Through a ragged underbrush  
Without an upward path

Look closely and you will see  
Almost everyone carrying bags  
Of cement on their shoulders

That's why it takes courage  
To get out of bed in the morning  
And climb into the day.

*By Edward Hirsch – After losing his son Gabriel*



*Death ends a life, Not a relationship*

*Robert Benchley*

***What the heart has once owned and had, it shall never lose.***

*Henry Ward Beecher*

## Our Children Remembered

### April Birthdays

Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero Brother of Reid Lavoie  
John Arthur Driscoll son of John and Susan Driscoll  
Kristina Corina Latham daughter of Kerry and Kevin Latham sibling of Josh Latham  
Charlotte Mae Martin daughter of Kara Paine  
Thomas "Scott" Gray son of Laura Gray  
Christopher Warner Fennelly son of Laurie Malonson & George Fennelly  
Lia Madigan daughter of Maile and Daniel Madigan  
Matthew Dalimonte son of Patti Dalimonte  
Ryan James Gilligan son of Paula Gilligan  
Jimmy Kiriakos son of Sandy Tsakirgis  
Colin Ambrose McComber son of Shari McComber  
Aaron Joseph DiBella son of Suzanne DiBella  
Andrea Martocchia son of Diana and Paul Martocchia

### April Angel Dates

Ricardo Melo son of David and Theresa Melo  
Tanya Jean Duncan daughter of Dawn Lee Black and Dan Golan  
Brian T Wilson son of Linda Wilson  
Adam Calogero Lavoie son of Fernad Lavoie and Joyce Calogero Sibling of Reid Lavoie  
Charlotte Mae Martin daughter of Kara Paine  
Jennifer Gianocostas daughter of Skip Gianocostas and stepdaughter of Diane Gianocostas  
Alexander John Whipple son of Richard and Nancy Whipple  
Reid Robert Sacco son of Gene & Lorraine Sacco  
Eric Hill son of Peggy & Tom Hill  
Bryan Robert Cadigan son of Debbie Daly  
Marquis Bergendahl son of Pauline and Chris Whynot  
Craig Gentleman son of Mary and Jack Gentleman  
Kenneth Barclay son of Rachel and Philip Barclay

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.

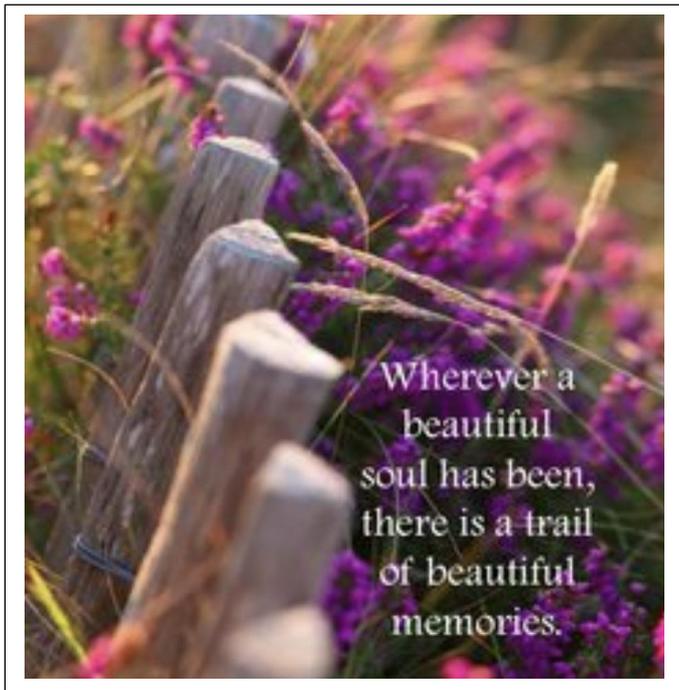
Childs Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Angel Date: \_\_\_\_\_

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: [tcfnorthshorenews@gmail.com](mailto:tcfnorthshorenews@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



Those of us who have traveled a while  
 Along this path called grief  
 Need to stop and remember that mile,  
 That first mile of no relief.

It wasn't the person with answers  
 Who told us of ways to deal.  
 It wasn't the one who talked and talked  
 That helped us start to heal.

Think of the friends who quietly sat  
 And held our hands in theirs.  
 The ones who let us talk and talk  
 And hugged away our tears.

We need to always remember  
 That more than the words we speak,  
 It's the gift of someone who listens  
 That most of us desperately seek.

NANCY MYERHOLTZ



**Save the Date! TCF's 44th National Conference will be presented virtually July 16-18, 2021.**

**Although we would love to be together in person, we can still connect, support, and gather as a community through our virtual event. More details about TCF's three-day conference are coming soon, including number of sessions, registration prices, and early bird prices and dates.**

#### **LOOKING FOR WORKSHOP PRESENTERS**

**The Compassionate Friends is accepting applications for workshops that will be presented at the 2021 TCF National Virtual Conference, July 16-18, 2021. TCF is proud that it offers a wide variety of workshops about grief in general and different types of losses. Applications must be received by April 19, 2021.**

## Love Notes



In memory of Gale McLaughlin

Remembering our beautiful daughter, Gale, on 2/24/21 on her 53<sup>rd</sup> Birthday! Love you forever!

Joan and Frank McLaughlin

In memory of Ryan James Gilligan

I Am Learning How To Live (Excerpt) by Jamey Wysocki  
Excerpt from "I am Learning How to Live" By Jamey Wysocki  
Ryan, I am learning how to live In a new way  
Since that day You were taken away 9 years ago.  
Knowing you're in God's care It gives me the strength to move on.

Love, Mom

In memory of Eric Thomas Hill

Eric (Sweetie Pie)- we think of you everyday. I miss your beautiful smile, laughter, hugs and kisses! GOAL! Go Grease Lightning! I know you are watching over us and that we keep you busy. Love you to the moon and back! Love you forever!

Xoxo Mama

*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 – April 2021**



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.....**

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[tcfnoshorenews@gmail.com](mailto:tcfnoshorenews@gmail.com)