



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

August 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 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.

**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

Upcoming Meetings

Wednesday, 8/18/21 7:30 PM	Online Video Meeting - Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD -and- Sibling Group Online Video Meeting - Please contact Aimeeb15@gmail.com if you would like to participate Topic: Open Sharing Session
Wednesday, 8/25/21 7:00 - 8:30 PM	In-Person Meeting (<i>meeting will be limited to 15 participants</i>) Please contact tcfnoshoreconnect@gmail.com if you would like to attend Topic: Family Dynamics Facilitators: Dave & Tim
Tuesday, 9/7/21 7:30 PM	Online Video Meeting - Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Wednesday, 9/15/21 7:30 PM	Online Video Meeting - Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD -and- Sibling Group Online Video Meeting - Please contact Aimeeb15@gmail.com if you would like to participate Topic: Open Sharing Session
TBD	WALK TO REMEMBER
Wednesday, 9/22/21 7:00 - 8:30 PM	In-Person Meeting (<i>meeting will be limited to 15 participants</i>) Please contact tcfnoshoreconnect@gmail.com if you would like to attend Topic: How Will I Be Feeling in the Years to Come? Facilitators: Tim & Dave

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

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

Regional Coordinator: Dennis Gravelle 978-532-2736
dgtcf@aol.com

**WALK TO REMEMBER
SUNDAY, SEPTEMBER 19,
2021
10:00 AM - 1:00 PM**

GALE McLAUGHLIN

You left us fifty-two years ago, Gale,
and we have always felt that void in our lives!
Maybe it is because you were our only daughter,
but we think it is just part of losing a child!

With all these years that have gone by,
we also feel very blessed despite losing our daughter.
It took lots of time and grief work for us to get to that
point.

We are blessed with three sons and their wives
and five beautiful granddaughters!

So, to all those bereaved parents out there,
we just want you to know that, for us,
we got to a point to look for those positives
and to be open to them and to have hope!

Those are our wishes for parents
suffering the death of their child.

We love you, Gale!
Mom and Dad

-and-

BRIANNA PAUL

*From the day you could speak you roared
Angelic curls and a smoky voice
From the day you took flight you soared
Landing only when forced, never by choice
When death chooses one so vibrant and bold
It seems to mock our reason to be
But life and death could never hold
Nor extinguish the power of Bri*

Love you always, Mom, Dad, Erin and Eden

Holding Two Truths

One of the most remarkable things I have experienced
was realizing that I could still feel joy after the death of
my daughter. While it took a long time for this to take
place, the fact that it was possible was something of a
shock. When a child dies we are thrust into the deepest
sorrow a person can possibly endure. At that point it is
hard to believe that any kind of happiness or joy can
ever come into our lives again. It is also difficult to
believe in a future that is not filled with sorrow. My
experience is that both things are true. We can have joy
in our life again and we will have sorrow for the rest of
our days.

How can we hold both of these truths? Sorrow
stretches our hearts. Losing my daughter stretched and
tore at my heart in a way that no soul could ever be
prepared for. It also changed the way I looked at
everything and forced me to question many things that I
once thought were important "When death makes a
pass, the weight of life's trivialities falls from your
shoulders". One of the results of shedding that weight
can be that it opens other doors. It can change our
perspective on what we value. A heart stretched by grief
and sadness is also one that can experience and
appreciate deeply felt joy.

I think of my daughter every day and when I do I still feel
sadness knowing that I will never be able to hug her and
smell her hair as she say's "I love you too papa". I also
feel so grateful and even joyful realizing the crazy,
unbelievably amazing fortune we had to be in each
other's lives even for a short time. Living with sorrow
every day is not something I thought I could ever do.
Having joy in my life after losing my daughter was not
something that I could have expected. But each are true
and the really incredible thing is that we can hold them
both at the same time.

David Paul, TCF No.Shore-Boston

You know how new parents look into the
window and look at their children at the
maternity center and share with other
parents the excitement?
what if our angels are gathering around
looking down at us, showing us off for being
so strong and saying "my moms awesome,
which ones yours?"



**TCF North Shore-Boston
WALK TO REMEMBER
Sunday, September 19, 2021
10:00 AM - 1:00 PM
Ipswich River Park
15 Central Street North Reading, MA**

On **Sunday, September 19th**, we are holding the North Shore-Boston Chapter's 6th annual **Walk to Remember** at the Ipswich River Park in North Reading. Our ceremony will start at 10:00AM at the Children of TCF Tree by the Pavilion and the Walk will begin at 10:30 AM and end at 1:00 PM. The Park is a beautiful venue and participants are encouraged to bring their own picnic lunch. The chapter will provide bottled water and other refreshments. Pets are welcome at the Walk.

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.**

Please feel free to invite family and friends. Some members also wear shirts with their child's or sibling's photo along with messages. If you have any questions feel free to email tcfnoshoreconnect@gmail.com.

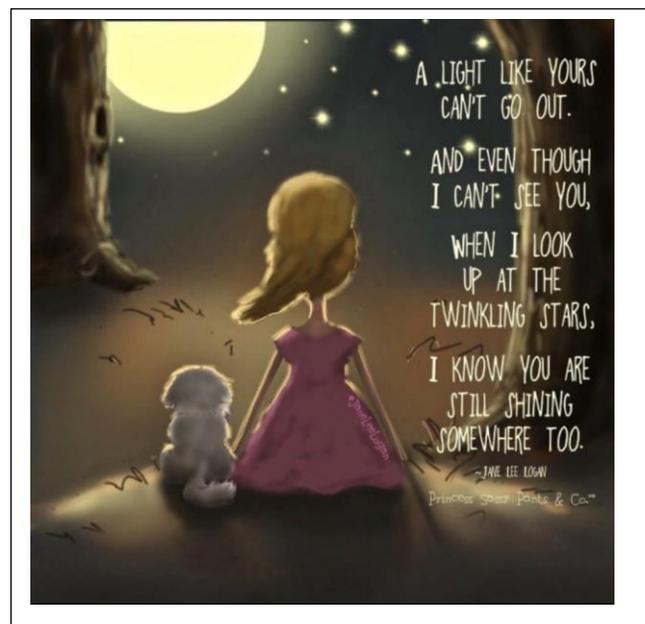
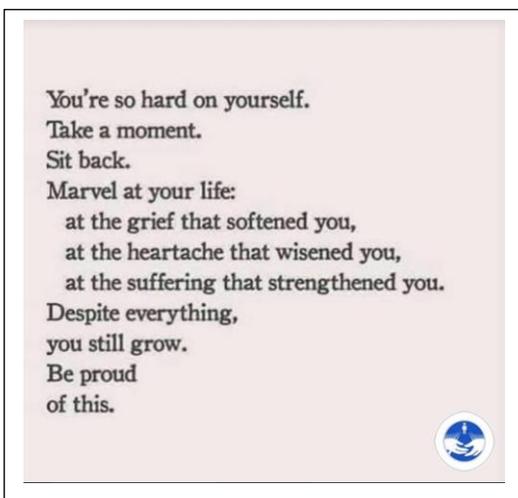
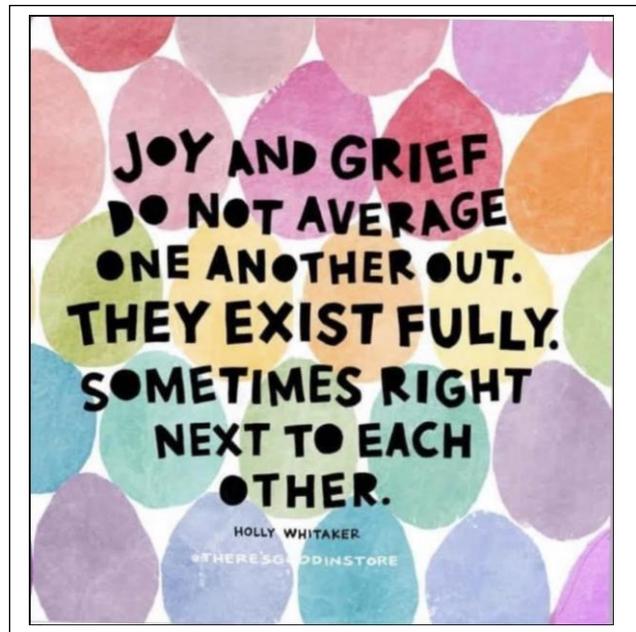
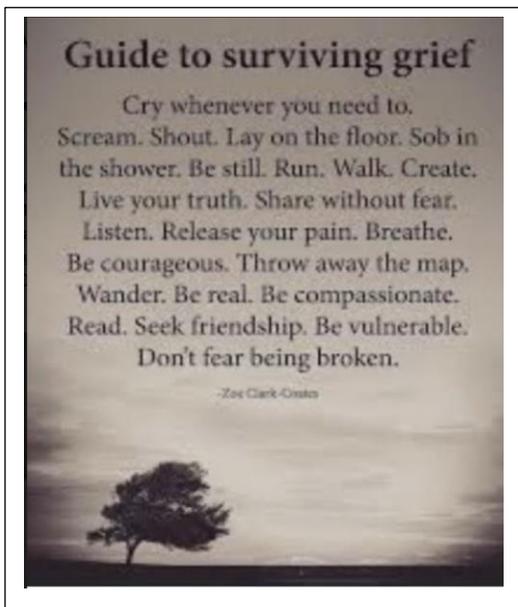
*If you are unable to participate in the **Walk to Remember** but would like to contribute to the fundraiser you can select the donate button on our website.*

MAP OF IPSWICH RIVER PARK AND PAVILION LOCATION



Rebuilding your family after child loss By Lisa Heath

Before we lost Brian we were a tight fun family. We were full of laughter, crazy moments, adventures, shared stories & a togetherness that could not be broken. The four of us were thick as thieves. Then our worst day happened & in a flash our family came crashing down. We were no longer what we once were. But I am here to tell you, your family can put the pieces back together again. Its not an easy road. You will be broken. You will make mistakes. The unhealed parts of you will unintentionally hurt the ones you love. Please know that its because of the immense pain you are in & not a lack of love for them. It takes time BUT I promise you, when you get to the other side of grief your family can once again be all what it was before loss. Be open with each other. Our hearts will never be the same but we carry Brian with us every single day. Be patient with yourself. It took what seemed like forever to learn how to be a happy, healthy, fun functioning family of three in the physical while honoring the fact that we will forever be a family of four. #doitforbrian



Our Children Remembered

August Birthdays

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
Michael O'Connell nephew of Len and Louise Morrison

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
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



Love Notes



In memory of Victor George,

Happy 1st Birthday! Not a day goes by when I don't think of you and miss you. Always in my heart.

Love Mom and Dad



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 2021



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