



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

July 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, 7/21/21 7:30 PM | Online Video Meeting - Please contact tcfnorthshoreconnect@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: Adjusting to the New Normal Without Your Sibling |
| Wednesday, 7/28/21 7:00 - 8:30 PM | In-Person Meeting (meeting will be limited to 15 participants) Please contact tcfnorthshoreconnect@gmail.com if you would like to attend Topic: The Emotional Roller Coaster Facilitators: Tim & Dave |
| Monday, 8/2/21 7:30 PM | Online Video Meeting - Please contact tcfnorthshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD |
| Wednesday, 8/18/21 7:30 PM | Online Video Meeting - Please contact tcfnorthshoreconnect@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 (meeting will be limited to 15 participants) Please contact tcfnorthshoreconnect@gmail.com if you would like to attend Topic: Family Dynamics Facilitators: Dave & Tim |

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|--|--------------|
| Chapter Leader: David Paul tcfnorthshoreconnect@gmail.com | 978-771-6345 |
| Newsletter Editors: Eden Paul and Regan Lamphier tcfnorthshorenews@gmail.com | 603-264-9391 |
| Regional Coordinator: Dennis Gravelle dgtcf@aol.com | 978-532-2736 |



SHERYL LYNN BECKER

Missing you now more than ever, Sheryl, as life becomes sweeter
in so many new ways as your niece grows.
In the midst of that sweetness, your absence becomes harder to bear!
I know you would have taught her so much!
Sheryl, you would have played an important role in her life.
I think about you and speak of you often when I am taking care of her.

Love, Mom & Dad

-and-

AMBER ZAPATKA

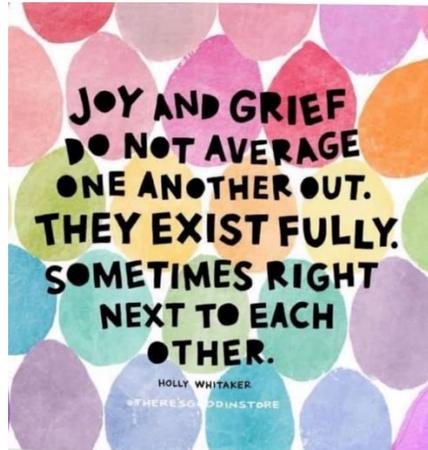
AMBER'S "SIGNATURE"



BUTTERFLY COINS GIVEN OUT
IN MEMORY OF AMBER

*"What the caterpillar perceives as the end
To the butterfly is just the beginning"*





FIREWORKS ARE LIKE THE LOVE IN OUR HEARTS

Posted on July 3rd, 2021

July brings Central Oregonians lingering blue skies, lazy afternoons and the Fourth of July celebration, complete with the grand fireworks finale bolting from the top of Pilot Butte. This was one of my son's favorite holidays. When he was six I asked him why fireworks were so special to him. He said, "The lights explode in the dark and make the whole sky light up!" That was obvious. I said "Hum?" He gave me one of his "Oh mom" looks, then went on to say "The fireworks are like the love in our hearts, we should always try to spread our love out to others". I knew then and I still am aware today that profound wisdom comes from the lips of our children. From the summer on, in my mind, fireworks have been a triumphant testament of love's enduring power and wonder. I miss my son, Joshua terribly. I comfort myself knowing that his wisdom and kindness were precious gifts in my life.

Wherever you are on the Fourth of July, I hope that the splendor of sparkling fireworks might comfort as you acknowledge that the love you hold dear for your child is the light that is able to shine through you. We all have known grief well, yet as compassionate friends we need not walk alone in the darkness. We can lighten the path for others.

Grief can cripple and destroy us, but as we gather to share each other's burden, we are able to gain strength. Love for our children is our common flame; sharing and caring keep the flames afire

Jane Oja



You're so hard on yourself.
Take a moment.
Sit back.
Marvel at your life:
 at the grief that softened you,
 at the heartache that wisened you,
 at the suffering that strengthened you.
Despite everything,
you still grow.
Be proud
of this.



FINDING A LITTLE PEACE ON A SUMMER NIGHT By Cathy Seehuetter

While most others love summer for its daytime pleasures, such as beach time, golf, picnics and other family outings, personally, I like it at night... on my deck after most others have long gone to bed. I gaze at the silhouettes of the trees against a cloudless sky, with a sliver of moon and glistening stars as a backdrop, and watch the fireflies dance and illuminate the blackness. My senses are heightened as I listen to the tinkle of the wind chimes in the evening breeze, the gentle hum of the overworked air conditioner after a blistering hot day, the hypnotic chorus of crickets, and the mournful wail of a train whistle off in the distance.

There is nothing like fireworks on the 4th of July (or any summer night, for that matter). Despite the noise, something about the “rockets red glare” makes me smile; brings back memories of more innocent times, not only my own childhood 4ths, but my own children at the yearly fireworks displays; the ooohs and aaahs as their eyes lit up at the beautiful sights...in those years long past, when we were a whole family altogether...long before we were...not.

There was a period of time in my life that I felt no pleasure in anything...and never thought I would ever find anything to give me peace ever again. However, the stillness of the evenings now, more often than not, bring a sense of calm and peace to the end of an often-hectic day. As a bereaved mom in the earlier years of my grief journey, I felt more serene in the dark of the night where the realities of life then felt less harsh and glaring. Though sometimes through my tears, depending on the moment, I'd lie on my back and peer into the heavens and attempt to fathom the enormity of the universe – wondering what lies beyond the celestial bodies. And I'd think about Nina... if, in her new life, she now had an up close and personal view of Saturn's rings. Or was she here beside me one minute with the ability in the next to be perched in the “W” of Cassiopeia, her favorite constellation? Had my precious teenage daughter been to the top of the Eiffel Tower, looking down on Paris as she had dreamed to do one day? Or was my police officer son, Chris, still guarding over the city he patrolled and still watching over it now from a whole different dimension.

I like to believe that they both have and still do. and the tranquility of a summer night gives my body rest, and my mind the opportunity to ponder the wonder of it all and let hopeful thoughts enter in and push aside some of the darker ones.

I hope you give yourself the gift of a peaceful summer night – and that you are able to eventually search for and then – in your own time – find comforting and love-filled memories in the experience.

Our Children Remembered

July Birthdays

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
Michael O'Connell Nephew of Len and Louise Morrison
Daniel Rogers son of Donna Rogers
Marc Donovan son of Carol and Neil MacDonald
Brooke Romswell niece of Susan Haggerty
Seth Bottari son of Steve and Sarah Bottari
Robert Troiano son of Karen Troiano
Peter Thomas son of Jeanne Mace and brother of Lauren Steeves
Robert Maloney Son of Donna and Paul Maloney
Anthony Diaz son of Gail Scimone
Andre Luis Ribeirinha-Braga son of Dianne & Sergio Braga
Nancy Ellen Scotina Sibling of Jill Preshong
Anne Good sister of Mary Good
Daniel Edwards Brother of Rebecca Edwards
Mark Eric Jepson brother of Shannon Kaiser

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
Brendan Tobin son of Marie and Tim Tobin

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

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|---------------|---|---|
| | <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 Reid

Thinking of you, Reid on what would have been your 37th birthday. Seventeen years and we feel your presence more and more... we live knowing you are a part of our every day. You continue to be every breath we breathe, until we are together again.

Love you, Mom, Dad and you brother, Weston always and forever.

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
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NEWSLETTER – July 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