



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

June 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 3^d 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

Tuesday - 7/6/21 - 7:30 PM

Online Video Meeting

(Email invitation to follow)

You may also contact

tcfnoshoreconnect@gmail.com

to request an invitation

Wednesday - 7/21/21 - 7:30 PM

Online Video Meeting

(Email invitation to follow)

You may also contact **tcfnoshoreconnect@gmail.com**

to request an invitation

-and-

Sibling Online Video Meeting

(Email invitation to follow)

You may also contact **Aimeeb15@gmail.com**

to request an invitation

Topic: Dealing With the "What ifs?"

Wednesday - 7/28/21 - 7:00 PM

In-Person Meeting

(Meeting will be limited to 15 participants)

Please contact

tcfnoshoreconnect@gmail.com

if you would like to attend

Topic: The Emotional Roller Coaster

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
dgctcf@aol.com



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

Dear Alexander,
You should be going into your last year as a tween. We often wonder what you would be like now. Would you like sports? Or Art? Or something all of your own. We know you would have been a wonderful big brother. It is hard to believe you have been gone from us for 10 years now. It seems like a lifetime ago, yet it also seems like it was just yesterday. We miss you every day. We love you so very much!!
Love, Mommy, Daddy,
Julia and Elizabeth

-and-

TODD MacDONALD
Todd,
your willingness to help anyone at any time, your love of nature, the earth, and all of its creatures, create a memory of you that will not die.
Your incredible spirit lives on.
Mom, Dad, and Tracy

GRADUATION.....A TIME TO REMEMBER

I was driving down the road the other day, thinking of how the retail market makes any event an opportunity for revenue. Graduation seems to fall into that category, with cards and gifts for every Graduate. This time of year reminds me that my graduation from high school was a bittersweet time.

Really, it was the first time I had “surpassed” my older brother, David, in anything significant. I turned the age that he was when he died, 18, in the beginning of my senior year of high school. That year was difficult for me, as I felt that I was getting to move past where he had been cut short. Graduation day was no exception. I was happy to be getting out of high school, and looking forward to that coming August when I would go to college. But why was I getting to do these things, and not David? What made me so special that I got to stay here and experience these things? I still am not quite sure of the answer to those questions.

Graduation from high school was really just the first of many events which I have gotten to experience that David never will. College graduation, my wedding, and the birth of my two children are examples. And for me, each event has been a bit bittersweet.

The good news is this: that while time does make it easier to bear day-to-day activities without your sibling, each major event in your life presents itself as a new opportunity to remember your brother or sister, as well. For me, figuring that out was a huge relief, as it meant that my fear of forgetting David was not something I needed to worry about any more. His memory is just as alive for me today, 15-1/2 years later, as it was when I took that walk across the stage to accept my high school diploma.

Amy Baker Ferry, TCF Heart of Florida Chapter, In loving memory of my brother, David.

FATHER'S DAY by Alan Pedersen

Years have come and gone and time has surely drifted by.
I've searched for any answer, yet I'm left to wonder why.
The only thing I know for sure, through the happy and the sad. No matter what the circumstance, I will always be your dad.

Not a day goes by that I don't hold you in my heart.
My love reaches far beyond this space we are apart.
These empty arms remember all the good times that we had. I may be standing here alone, but I will always be your dad.

Some won't understand, so I don't bother to explain. They look into my eyes, but they can only see the pain.
Afraid to look too deep as they are blinded by the fear, If only they could know, a father's love won't disappear.

So when this road gets lonely and the journey seems too hard, And I get to feeling sorry that I didn't get a card.
If I close my eyes I can almost hear you say.
"I love you and I miss you, daddy....Happy Fathers Day."

Men Do Cry

I heard quite often "men don't cry" Though no one ever told me why
So when I fell and skinned a knee

No one came to comfort me. And when some bully boy at school
Would pull a prank so mean or cruel I'd quickly learn to turn and quip "It doesn't hurt" and bite my lip.

So as I grew to reasoned years
I learned to stifle any tears. Though "Be a big boy" it began
Quite soon I learned to "Be a man."

And I could play that stoic role
While storm and tempest wracked my soul. No pain nor setback could there be
Could wrest one single tear from me.

Then one long night I stood nearby And helplessly watched my son die
And quickly found to my surprise That all that tearless talk was lies.

And still I cry and have no shame I cannot play that "big boy" game. And openly without remorse
I let my sorrow take its course.

So those of you who can't abide
A man you've seen who's often cried Reach out to him with all your heart
As one whose life's been torn apart.

For men do cry when they can see Their loss of immortality.
And tears will come in endless streams When mindless fate destroys their dreams.

Ken Falk, TCF NW Connecticut Chapter

TCF Spring Event – A Flower Garden for Our Children

We wish to thank Tim Glendinning and Sandy Kiriakos for once again organizing the chapters Spring Event – A Flower Garden for Our Children. Thank you to all who attended.



Our Children Remembered

June Birthdays

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
Jackson Mace son of Jeanne Mace brother of Lauren Steeves

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
Lucas Kump grandson of of Linda Bump
Charlie Carmillo son of Paul & Amie Carmillo

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 LOVING MEMORY OF OUR SON DONALD TOTTINGHAM ON HIS BIRTHDAY JUNE 30TH

MALCOM AND BOBBIE TOTTINGHAM - *MOM AND DAD*

I look at your picture every day with sadness but also remember the joy of you.

In memory of Andrew Wilder

Mom and Dad



Helen Torreggiani Art

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 – June 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