



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

March 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

<p style="text-align: center;">Wednesday, 3/17/21 7:30 PM</p> <p>Online Video Meeting - Please contact tcfnorthshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD</p> <p style="text-align: center;">-and-</p> <p>Sibling Group Online Video Meeting - Please contact Aimeeb15@gmail.com if you would like to participate Topic: Dealing With Grief Triggers</p>
<p style="text-align: center;">Wednesday, 3/24/21 7:00 - 8:30 PM</p> <p>In-Person Meeting (meeting will be limited to 15 participants) Please contact tcfnorthshoreconnect@gmail.com if you would like to attend Topic: The New "Normal" Facilitators: Kelley & Dave</p>
<p style="text-align: center;">Monday, 4/5/21 7:30 PM</p> <p>Online Video Meeting - Please contact tcfnorthshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD</p>

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

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

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



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

SUSAN THERESA EATON

Susie,
Angelica is still your number one.
We all miss you everyday.
I'm so proud of the person you were.
Two years and your friends
still are missing you.
You put your stamp on their heart,
as you did with everyone you met.
We are getting your signs.

Love you to the moon and back,
Mom

-and-

JON JAMES McGLINCHEY

Just One More Day

*Sometimes I wonder what I would say
If we had just one more day
Would I tell you the news from home?
Ask you about where you now roam?
Would I tell you all the things left unsaid?
The guilt and regrets still in my head?
Would I want to know that you're okay?
Beg you please to come back and stay?
Would I not say all that much?
And just reach out for one last touch?
I don't know what I would say
But I do sure wish for that one more day
-Tanya Lord-*

In memory of my brother Jon-
It's hard to believe it could
possibly be five years.
Sometimes it seems like yesterday
and other days it seems like eternity
since I have seen your face.
I miss you more and more
with each passing day!
Sending a million and one kisses
to Heaven on this Angel date.

Love, Crystal



A Picture Of You By Deborah Robinson

I only have a picture now,
A frozen piece of time,
To remind me of how it was, When you were here,
and mine.

I see your smiling eyes,
Each morning when I wake,
I talk to you, and place a kiss, Upon your lovely face.

How much I miss you being here, I really cannot say,
The ache is deep inside my heart, And never goes
away.

I hear it mentioned often, That time will heal the
pain, But if I'm being honest,
I hope it will remain.

I need to feel you constantly, To get me through the
day,
I loved you so very much, Why did you go away?

The angels came and took you, That really wasn't
fair,
They took my one and only Son, My future life. My
heir.

If only they had asked me,
If I would take your place,
I would have done so willingly, Leaving you this world
to grace.

You should have had so many years, To watch your
life unfold,
And in the mist of this,
Watch me, your Mum grow old!

I hope you're watching from above, At the daily tasks
I do,
And let there be no doubt at all,
I really do love you.

SIGNS

By Jonathan Baer

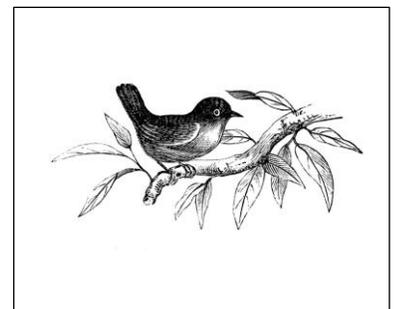
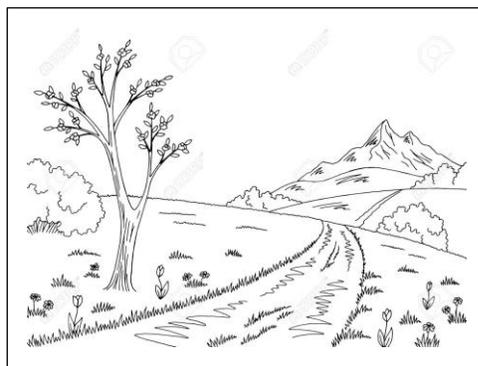
Do any of you believe in signs or messages from your deceased child? I do, and it helps me with the grieving process and to overcome tough days, like her birthday.

Every time I see a penny that shouldn't be there or wasn't there the last time I looked, I think of it as the presence of Samantha. I could be having any type of day – good, bad, indifferent – and when I see a misplaced penny, I instantly sense a presence of her and say to myself "Samantha is thinking of me". I know this might sound crazy, but it makes me feel happy to believe that she's thinking of her dad and wants to let me know that.

The most impactful penny sighting happened on Samantha's birthday – April 25, 2018. My birthday is on April 27th. Samantha would have been 14 in 2019. (She died in 2006 at the age of 17 months.) I was walking into work, and feeling absolutely horrible. Her birthday and death day are terrible triggers for me, and I was depressed and feeling a very heavy sense of grief that day. As I approached my desk, I saw a penny on my chair. In my 17 years of working at my company, I've never seen a penny on my chair, so this sighting was completely unexpected and a total shock. It wasn't there last night when I left work for the day. I asked around and nobody claimed putting the penny there. I immediately called my wife and said "You're not going to believe what's on my chair! A penny and it wasn't there when I left work last night." She said "What date is on the penny?" I picked it up, looked closely at the date, and couldn't believe my eyes that the date was 2006, the year she died.

I knew Samantha was thinking of me and telling me that she was OK and that I should not be sad. I instantly went from deep longing and sadness to euphoric. It was the best birthday present I've received in the 13 years since Samantha has passed away.

We all know that the grieving process is unique and personal. Some might believe in signs. Others may not. The bottom line is that if it's signs or looking at photos or visiting the grave site that gives you moments of happiness, then embrace it. I did and it's turned some pretty painful days into a positive.



FALLING APART

I seem to be falling apart
My attention span can be
measured in seconds,
My patience in minutes.
I cry at the drop of a hat.
I forget things constantly,
The morning toast burns daily.
I forget to sign the checks.
Half of everything in the house is
misplaced.
Anxiety and restlessness are my
constant companions.
Rainy days seem extra dreary,
Sunny days seem an outrage.
Other people's pain and
frustration seem insignificant.
Laughing, happy people seem
out of place in my world.
It has become routine to feel
half-crazy.
I am normal, I am told.
I'm a newly grieving person.

By Elise Cole, taken from a
Greater Cincinnati Area Chapter
newsletter

In Memory of You

I find an old photograph
and see your smile.
As I feel your presence anew,
I am filled with warmth
and my heart remembers love.

I read an old card
sent many years ago
during a time of turmoil and confusion
The soothing words written then
still caress my spirit
and bring me peace.

I remember who you used to be
the laughter we shared
and wonder what you have become.
Where are you now,
Where did you go,
When the body is left behind
and the spirit is released to fly?

Perhaps you are the morning bird
singing joyfully at sunrise,
or the butterfly that dances
so carelessly on the breeze
or the rainbow of colors
that brightens a stormy sky
or the fingers of afternoon mist
delicately reaching over the mountains
or the final few rays of the setting sun
lighting up the skies
edging the clouds with a magical glow.

I miss your being
but I feel your presence,
In whatever form you choose to take,
however you now choose to be.

Your spirit has become for me
a guardian angel on high
guiding, advising, and watching over me.

I remember you.
You are with me
and I am not afraid.

Kirsti A. Dyer, MD, MS

www.journeyofhearts.org

If Only, One More Time

To hear your voice loud and clear,
To see your image as if you're here,
To feel your warmth like you are near,
If only, one more time.....

To hear you call, "Mom, I'm home",
To keep me company when I'm alone,
To watch you run and grab the phone,
If only, one more time.....

To watch you sit quietly and read,
To buy you things you say you need,
To see you do a thoughtful deed,
If only, one more time.....

To find a note written by you,
To walk upstairs and trip over your shoe,
To comfort you when you're feeling blue,
If only, one more time.....

To feel your arms in a soft embrace,
To see the smile upon your face,
To understand when you needed "space",
If only, one more time.....

If only, one more time.

Vicki Richey TCF Orange County, Ca

Our Children Remembered

March Birthdays

Aram Karakashian son of Pat and Garo Karakasian
David Conant Siljeholm son of Anita Siljeholm
Ricardo Melo son of David and Theresa Melo
Brian T Wilson son of Linda Wilson
Jon Paul Rahall son of Bernadette Rahall
Tanya Jean Duncan daughter of Dawn Lee Black and Dan Golan
David Patrick Blais son of Sally Blais
Deacon Winslow Harris Debra Glabeau
Dillon Patrick Dwyer son of Wayne Dwyer
Robert DeCarlo son of Janet DeCarlo Staples
Nicholas Alden Chittick son of Joann Chittick
Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio
Kaleigh Lambert granddaughter of Irene Lambert
Hunter Fredrick Siebel grandson of Vita and Gordon Trainor
Julian Matthew Mok son of Lawrence and Beatrix Mok
Sheryl Kelley Daughter of Donna and Robert Maloney
Patricia Gail Kingston daughter of Elaine and John Kingston

March Angel Dates

Shane Michael Loizides son of Janet Sutcliffe, sibling of Branden Loizides
Maria Lorraine Andrews daughter of Michelle Smith
Ryan Covino son of Linda and Bill Covino
Alfonso Daniel Sisneros son of Bob & Laura Reich
Joseph DeLuca son of June Doherty, nephew of Gloria Phelan, grandson of Helen Donadio
Julian Mok son of Lawrence and Beatrix Mok
Simon Aaron Turner Grandson of Cheryl and Marc Turner
Jennifer Margot Jacob daughter of Claudette Jacob
Tanya Anne Phillips daughter of Marilyn and George Phillips
Derek Frechette son of Janet Frechette
Andrew Geljookian son of Nancy & John Geljookian
Scott Barry Peterson son of Tim & Patty Peterson
Susan Eaton daughter of Patti Eaton
Christopher Howland Webber son of Joanie Howland and Bill Webber
Jon James McGlinchey son of Jim and Laureen McGlinchey

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

	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. Please be considerate in the timing of your calls to these volunteers.	
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 Patricia Kingston

Remembering you on your birthday March 9th, many years have gone by but I will always remember you. "Happy Birthday in Heaven"

Love Mom

In memory of Susan Theresa Eaton

Thank you to all the people that take the time to show us; That we aren't in this new alone.



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 – March 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