



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

November 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 4th Wednesday of each month via Zoom Online at 7:30PM. We also hold an in-person meeting on the 3rd 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

Upcoming Meetings

Wednesday, 11/24/21 7:30 PM	Online Video Meeting - Please contact tcfnorthshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Monday, 12/6/21 7:30 PM	Online Video Meeting - Please contact tcfnorthshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Sunday, 12/12/21 6:30 PM	CANDLELIGHT REMEMBRANCE SERVICE
Wednesday, 12/15/21 7:30 PM	Sibling Group Online Video Meeting - Please contact Aimeeb15@gmail.com if you would like to participate Topic: Honoring Our Loved Ones Throughout the Holidays
Wednesday, 12/15/21 7:00 - 8:30 PM	In-Person Meeting (<i>meeting will be limited to 15 participants</i>) Please contact tcfnorthshoreconnect@gmail.com if you would like to attend Topic: Facing the New Year Facilitators: Tim & Dave
Wednesday, 12/22/21 7:30 PM	Online Video Meeting - Please contact tcfnorthshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD



This year's Candle Lighting event will be held virtually via Zoom online. The event will begin at 6:30PM. We will be having readings by members, live music, a lighting of the candles and a slideshow of our children. We will be emailing all our members with more details including the invitation. If you are not on our email list you can visit our website at www.tcfnorthshore-boston.org for details.

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

NICHOLAS RYAN AMIRAULT

In memory of our dearest Nicholas

14 years without you,
your smile and your hugs
has been a struggle,
but we know you are keeping
an eye on all of us
and that makes each day
a little bit easier.

Love you, miss you... forever
Dad, Mom, Holly and family

-and-

JAMES ARTHUR KIRIAKOS

In Memory of Jimmy

It's sometimes hard to know why
some things happen as they do
for so much Joy and Happiness
was centered around you
It seems so hard to comprehend
that you're no longer here
but all the HAPPY MEMORIES
will help to keep you near
You're thought about with pride JIMMY
with each mention of your name
death cannot change a single thing
the LOVE will still remain

Love, Your Family & Friends



NOVEMBER AGAIN By Pat Dodge

Leaves are turning the shades of autumn then falling, one by one, to the misted ground below. Summer flowers have faded and died. The sun hides behind dark and dreary clouds.

It is November again.

Was it so long ago that this month brought warm thoughts of Thanksgiving together? The smell of wood burning, walks in the nippy air? This is the month you left us. And all the warm glow of November went with you.

All that remains are the chrysanthemums planted in a special memorial garden for you. Ready to burst into beautiful shades

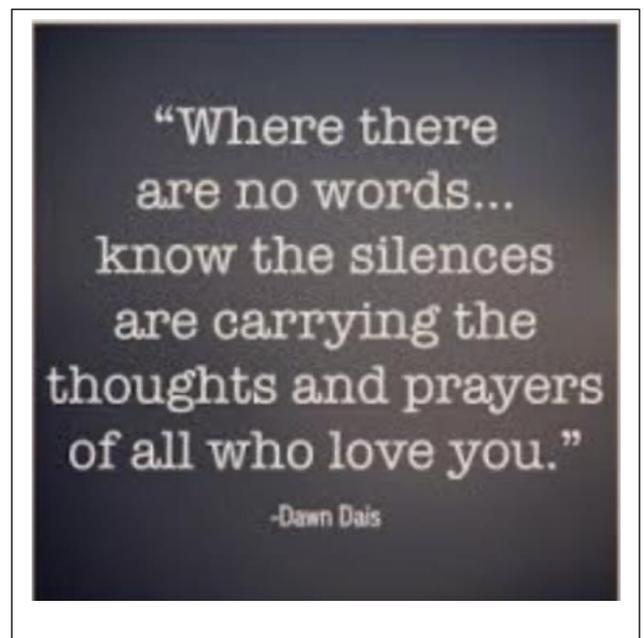
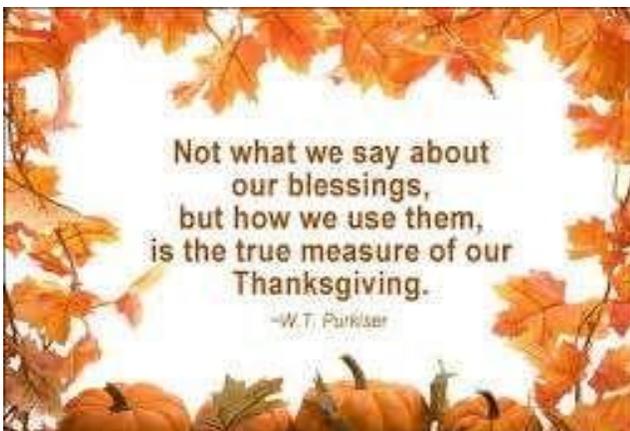
of yellow and orange. They symbolize one more year without you. But our love has not diminished.

FIRST THANKSGIVING

By Genesee Gentry – TCF Marin County, CA

the thought of being thankful fills my heart with dread. they'll all be feigning gladness not a word about her said. these heavy shrouds of blackness enveloping my soul, pervasive, throat-catching, writhe in me, and coil.

i must, i must acknowledge, just express her name, so all sitting at the table, know i'm thankful that she came. though she's gone from us forever and we mourn to see her face, not a minute of her living would her death ever replace. so i stop the cheerful gathering, though my voice quivers, shakes, make a toast to all her living. that small tribute's all it takes.



REBUILDING YOUR LIFE ONE PIECE AT A TIME By Stephanie Elson

Death, especially unexpected death, changes one's life in ways that cannot be anticipated. With the death of someone close, one's world is forever changed.

One analogy I have found myself using with clients is the following: If you were to imagine the day before your loved one died, there was an intact picture of your life. The picture may not have been perfect, but it was there and it made sense. There was a beginning, a middle and an expected end. With death comes the destruction of that picture. It is as if the picture is taken out of your hands, smashed to the ground in a thousand pieces and then some of the most treasured pieces are forever taken away.

The challenge with grief is to then take all of those pieces which are left and attempt to make a new picture. The picture of the life you once had is impossible to recreate, as much as one may try, it cannot be recreated with pieces missing. A new picture must be assembled with the pieces that are left and with new pieces that are picked up along the way.

The process of putting the pieces back together is one that often feels chaotic and confusing. It may sometimes be surprising to find out how much thinking is involved in the grief process. Thoughts bounce around trying to connect what was with what is and struggle to make sense out of what seems to be incomprehensible.

With each piece, the bereaved, through trial and error, find where each piece belongs or even if it belongs at all. This process is different for every person and does not adhere to any kind of timeline. This (what feels like endless) thinking is the work that grief demands; it is the creation of a new picture of your life created one piece at a time.

"If a man does not keep pace with his companion, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away." – Henry David Thoreau (1817-1862)



Candles in the Night

Candles flame in darkness,
flicker, steadily glow,
bringing light from shadows
and help to soothe me so.

My daughter, like the candles,
gave my life true light.
I use the candle's beacon
to connect us in the night.

As I light the candles,
my wish and my request
is that she'll see my signal
and know my love's expressed.

As her light joins my lights,
our worlds touch and flame.
As I snuff out the candles,
I softly say her name.

Genesse Bourdeau Gentry
from *Stars in the Deepest –
After the Death of a Child*

Our Children Remembered

November Birthdays

AJ Ryan son of Shirley Loranger
Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas
Gregory Stames son of Donna Bouley
Amy Elizabeth Palmetier daughter of Judy & Joe Palmetier
James Kimball Carlsen son of Kathy Carlsen
Maxwell O'Hanlon son of Brady and Kim O'Hanlon
Amanda L Dick daughter of Kathy Nelson
Christopher Muraca son of Maria Muraca
Brittany Lynn McCauley Daughter of Nancy and Patrick McCauley
Jon James McGlinchey son of Jim and Laureen McGlinchey
Ethan Henry Lamphier son of Regan Burke and Bill Lamphier
Jared Linzey son of Sharyn & Tom Linzey
Michael Gannon sibling of Alice and Gil Costa
Philip Everett Reddy son of Phil Reddy
Michael Gannon Sibling of Alice and Gil Costa

October Birthday

Kayla Anne Bell Daughter of Stephen and Paulette Bell

November Angel Dates

Christina Laura-Ann Saviano Daughter of Laurie Saviano
Daniel M. Scafidi son of Martin and Barbara Scafidi / stepson of Sandra Scafidi
Talia Rose Ronga daughter of Debra Ronga
Jimmy Kiriakos son of Sandy Tsakirgis
Thomas "Scott" Gray son of Laura Gray
Madigan Drummond daughter of David Drummond
George Silva son/stepson of Ester and Bob Boulanger
Steven Kaminski son of Joanne Kaminski
Ryan Liam Teague son of Susan Teague
Joey Brancato son of Andy Brancato
Marc Ouellette son of Donna Marcotte and Bob Ouellette
Robert Troiano son of Karen Troiano
Stanley Parsons son of Laura Desisto
Cary Thabet son of Sheila Khaire Thabet
Marc Donovan son of Carol and Neil MacDonald
Michael Sawyer son of Diane Sawyer
Peter Merrill son of Martha Merrill
Ryan Sherman Loughlin son of Cynthia Sherman
Joey Domenici son of Carla Domenici
Penney Richards daughter of Dave & Penny Richards
Emily Anne Driscoll daughter of David F. Driscoll and Rosanne Benedetto Driscoll
Nicholas Ryan Amirault son of Rick & JoAnne Amirault
Nicholas Amiralt sibling of Holly Polito
Diane Buckley daughter of Anna Bourque
Elliot Weaver son of Kerri Ann & Alex Weaver
Miguel Alonzo son of Yasmin Alonzo

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

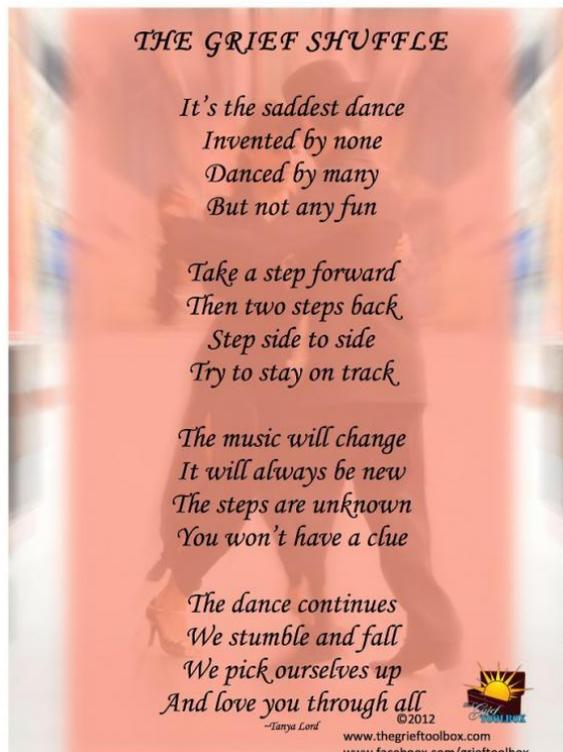
	<p>Our telephone friends are here to help you if you feel the need to connect with someone outside of our usual meeting night. We are not professionals – we are all bereaved parents seeking to find a way through our grief.</p> <p>Please be considerate in the timing of your calls to these volunteers.</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 *Brianna Lee Paul*,
daughter of David and Melinda & sibling
of Erin and Eden.

Barry & Ferma Kipnes



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**



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NEWSLETTER – November 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