



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

October 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
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Toll-free: 877-969-0010
PH: 630-990-0010
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www.thecompassionatefriends.org

Upcoming Meetings

Wednesday, 10/20/21 7:00 - 8:30 PM	In-Person Meeting (meeting will be limited to 15 participants) Please contact tcfnoshoreconnect@gmail.com if you would like to attend Topic: Anger / Guilt / Regrets / Forgiveness Facilitators: Carmen
Wednesday, 10/27/21 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
Monday, 11/1/21 7:30 PM	Online Video Meeting - Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Wednesday, 11/17/21 7:30 PM	Sibling Group Online Video Meeting - Please contact Aimeeb15@gmail.com if you would like to participate Topic: Remaking Holiday Traditions
Wednesday, 11/17/21 7:00 - 8:30 PM	In-Person Meeting (meeting will be limited to 15 participants) Please contact tcfnoshoreconnect@gmail.com if you would like to attend Topic: Facing Difficult Dates Facilitators: Tim & Dave
Wednesday, 11/24/21 7:30 PM	Online Video Meeting - Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD

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

Our Kids Around Our Tree 2021 Walk to Remember



DANIEL NOAH FINE

Remembering Daniel Noah Fine on the 23rd anniversary of his passing

We remember our son and brother Danny for his nurturing way-caring for other people's feelings, for his uncompromising honesty, sincerity, generosity, and sense of fairness.

He strove for perfection in everything he did, whether rowing on his college's crew team, academics, or work. He experienced a spiritual maturing during the early months of his illness when he thanked us, his parents, for giving him life.

He faced his illness with extraordinary courage and dignity, never complaining or expressing anger or asking, "Why me?" He would have been a wonderful father and we lost the promise of how much more he had to offer as a human being.

Although his life was far too short, we will love him forever.

Always in our hearts and minds.
Mom, Dad, Aron and Rebecca

-and-

TIMOTHY GLENDINNING

Dear Timothy,

10/27/1996 is your day of birth, it will always be a Miracle Day for me and your mom.

Our last letter together, spoke of our last day together and this letter I would like to talk about our first day together. It is a miracle, after 10 years of medical treatments, your mom was never giving up until you showed up at the hospital. I remember that day, Mom went to the doctor, got an ultrasound, and brought home your photo as though you were posing for the camera. We could see your chubby cheeks and there was even a bit of a smile. You showed up the next day on 10/27, looking exactly like your ultrasound photo, smile and all.

I cannot express the joy, love, and happiness from that first moment when I saw you and held you in my arms. Your Mom and I could not take our eyes off you as you slept in our arms, it was a miracle. We did not think of all the years, all the miles traveled from one doctor to the next, that did not matter, what mattered was we had our Timothy Christian finally. This day, your birthday, has always been more important to us than you know, and will always be a miracle day. Every birthday for the last 10-15 years, I would give you a model car and write that year on the car. I still do that and have a collection since your passing, on a special shelf unit I made for them. Some people may think it's unusual, but it's my way to recognize that miracle day, your birthday, and I will do it this 10/27 and for as long as I can. Our first day together as it has been said... "I think this is the beginning of a beautiful friendship". Our love, joy and friendship will always be in our hearts. We miss you and love you, especially on this miracle day...your birthday, our first day together, 10/27/1996.

Love,
Mom, Dad and Katherine



Do Not Tell Me I am Strong

Do not tell me I am strong
You only see my days
Filled with details and work
You have never shared my nights
Long evenings empty

Except for memories and tears My
despair is sacrificed
to responsibility
You would be strong too

If you had no other choice By Kim
Knapp

Memory can tell us only what we were,
in company with those we loved;
it cannot help us find what each of us must now
become.

Yet no person is really alone;
those who live no more echo still
within our thoughts and words,
and what they did has become woven into what
we are.

Jewish prayer



See how the
earth comes
alive as all
her leaves
dance joyful
goodbyes.

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**IT IS THE CAPACITY
TO FEEL CONSUMING GRIEF AND
PAIN AND DESPAIR THAT ALSO
ALLOWS ME TO EMBRACE LOVE AND JOY
AND BEAUTY WITH MY WHOLE HEART.
I MUST LET IT ALL IN.**

ANNA WHITE

Your tango

Halloween

It is here, this day of merriment and children's
pleasure.

Gremlins and goblins
and ghosties at the door

of your house.

And the other children
come to the door of your mind.

Faces out of the past,
small ghosts with sweet, painted faces. They do
not shout.

Those children

who no longer march laughing
on cold Halloween night,

they stand at the door of your mind – and you
will let them in,

so that you can give them

the small gifts of Halloween –

a smile and a tear.

~WINTERSUN by Sascha

Revisiting Painful Places in Our Grief

Recently I opened a trunk that I had not looked through in a long time. I didn't find what I was looking for, but I found something far more precious: negatives from my son Philip's trip to Greece when he was 16. He had taken the trip with his Latin class during his sophomore year in high school.

I had prints made from the negatives the next day and spent a long time looking through them, seeing what Philip had seen on that remarkable and wonderful journey in his young life. He had loved it. I relived our going over his pictures together, his excitement, and his desire to share the trip and its adventures with me. It had been a close and lovely time between us. I felt so grateful to have this part of Philip's life again and more so because it was a surprise.

A few days later, I dreamed of Philip, but it was not a "good" dream. I dreamed that he was to have surgery, and I was not going to be there. The focus of the dream was not on Philip, but on me. The overall feeling was criticism of me as a mother for not being with her son during his surgery. I awakened feeling horrible. But then I thought: Would I ever have let any child of mine have surgery without my being there? The answer was no, of course not. But the guilt of his death had surfaced in my dream, and I spent—and continue to spend—considerable time looking at it.

We know that our children would never hold us responsible for their deaths, no matter how they died. I know that. You know that. Yet here it is again, arising in a dream I wish I had not had, but am glad for, ultimately, because it sheds insight on an area in my grief journey I need to revisit. Beyond the ongoing ache at not having Philip here, guilt at not having protected him from his death is probably what is hardest for me.

I think this is the way it goes for those of us who have had our children die. After the first shock wears off, after we begin to breathe again and can face the dark emptiness in our lives, we move onto an emotional terrain that goes all over the map. We learn to be immensely grateful for what once would have been a small though lovely discovery: photographs from a child's trip. And we veer from gratefulness to guilt in lightening speed. Why isn't she here? Why couldn't I protect him?

I believe we must be gentle with ourselves as we continue in our lives without our beloved children. I do two things in my own darkest moments: 1) I write a letter from Philip to me, and 2) I think of what I would tell Philip, had he been the one to lose a child. Nothing brings him back, but those two attempts at connection recall the depth of our love for one another. That love is infinite and will never die. It is the great gift you and I and our beautiful children will forever share.

Kitty Reeve

TCF Marin and San Francisco, CA In Memory of my son, Philip



Our Children Remembered

October Birthdays

John Queenan son of Margie Queenan
Katy Warde daughter of Peg Warde
Susan Eaton daughter of Patti Eaton
Lindsey Dias daughter of Bruce Dias
James Vincent Barreira son of Susan Barreira
Robert Anthony Viera son of Arlene Viera
Alyssa Lynne Nanopoulos daughter of Andrew & Nancy Nanopoulos Christian E.
Frechette grandson of Janet Frechette
Jimmy Reppucci sibling of Crystal Reppucci
Samantha Ruth Fargo daughter of William and Justine Fargo
Timothy Glendinning son of Tim and Barbara Glendinning
Max Durham son of Andrew & Mary Durham Benjamin Huxtable grandson of
Alaina & Peter Huxtable
Charlie Carmillo son of Paul & Amie Carmillo
Christopher Howland Webber son of Joanie Howland and Bill Webber
Max Durham son of Andrew & Mary Durham
Elliot Weaver son of Kerri Ann & Alex Weaver

October Angel Dates



Patricia Gail Kingston daughter of Elaine and John Kingston
Erik Sean Rakos son of Frances Rakos
Christopher Genna son of Joseph & Leslie Genna
Daniel Noah (Danny) Fine son of Gail and Stephen Fine
Paul A. Nestor son of Geri & Bob Gatchell
Christopher Dennis Lane son of Marilyn Lane
Nicholas Erbafina son of Susan and Charlie Erbafina Sibling of Jackie Erbafina
Neal Richard O'Brien Jr. son of Neal and Nancy O'Brien
Jonathan (Jed) Lazar son of Jon and Noreen Lazar
Andrew Brooks Son of David and Waldina Cameron
Alyssa Rose Conte daughter of Janice and David Conte
Nicholas Sean Carey son of Linda Calandrella
Alex Vitale son of Rob & Robin Vitale
Victor Hugo Batista DeMacedo son of Patricia Dos Santos
Ethan Costello son of Kelly Costello
Neil Wetzler son of Philomena Wetzler
Kristina Latham daughter of Kerry and Kevin Latham, Sibling of Josh Latham
Corey Noel son of Gary Noel
David Conant Siljeholm son of Anita Siljeholm
Anderson James Elam son of Lynette Elam
Scott Nagel son of Fiona Nagel
Patricia Gail Kingston daughter of Elaine and John Kingston
Daniel Esposito son of Julie and Joseph Esposito
Jackson Mace son of Jeanne Mace & Sibling of Lauren Steeves

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 Renee Mithen

Love and Miss you so much Renee!! I am watching for you!



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 – October 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