



# The Compassionate Friends

## North Shore-Boston Chapter

### Supporting Family After a Child Dies

Newsletter

September 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 1<sup>st</sup> Monday and 3<sup>rd</sup> 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](http://www.thecompassionatefriends.org)

#### Upcoming Meetings

Wednesday, 9/15/21 7:30 PM	<b>Online Video Meeting</b> - Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session <b>Facilitators:</b> TBD -and- <b>Sibling Group Online Video Meeting</b> - Please contact <a href="mailto:Aimeeb15@gmail.com">Aimeeb15@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session
Sunday, 9/19/21 10 AM - 1 PM	<b>WALK TO REMEMBER</b>
Wednesday, 9/22/21 7:00 - 8:30 PM	<b>In-Person Meeting</b> (meeting will be limited to 15 participants) Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to attend <b>Topic:</b> How Will I Be Feeling in the Years to Come? <b>Facilitators:</b> Tim & Dave
Monday, 10/4/21 7:30 PM	<b>Online Video Meeting</b> - Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session <b>Facilitators:</b> TBD
Wednesday, 10/20/21 7:30 PM	<b>Online Video Meeting</b> - Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session <b>Facilitators:</b> TBD -and- <b>Sibling Group Online Video Meeting</b> - Please contact <a href="mailto:Aimeeb15@gmail.com">Aimeeb15@gmail.com</a> if you would like to participate <b>Topic:</b> Open Sharing Session
Wednesday, 10/27/21 7:00 - 8:30 PM	<b>In-Person Meeting</b> (meeting will be limited to 15 participants) Please contact <a href="mailto:tcfnorthshoreconnect@gmail.com">tcfnorthshoreconnect@gmail.com</a> if you would like to attend <b>Topic:</b> Anger / Guilt / Regrets / Forgiveness <b>Facilitators:</b> Carmen

Chapter Leader: David Paul 978-771-6345  
[tcfnorthshoreconnect@gmail.com](mailto:tcfnorthshoreconnect@gmail.com)

Newsletter Editors: Eden Paul and Regan Lamphier 603-264-9391  
[tcfnorthshorenews@gmail.com](mailto:tcfnorthshorenews@gmail.com)

Regional Coordinator: Dennis Gravelle 978-532-2736  
[dgtcf@aol.com](mailto:dgtcf@aol.com)

**WALK TO REMEMBER**  
**SUNDAY, SEPTEMBER 19, 2021**  
**10:00 AM - 1:00 PM**

**JILLIAN ANNE SULLIVAN**

Dear Jillian,  
You lived a full life with all of its "ups" and "downs"  
and I continue on that journey.  
I am so blessed for the twenty years we had together.  
You taught me the true meaning of love!  
I miss you desperately but am  
grateful you are safe in God's care.  
I will do my best to live well here  
as I wait to see you again  
my dear sweet Jill.

Love Always and forever, Mom

-and-

**TIMOTHY GLENDINNING**

Dear Timothy,  
It will be four years on 9/4/21 when we had our goodbyes at Endicott College, you were starting your Junior year. It seems like yesterday, or a few hours ago, or another whole world away. We miss you every measure of time and we long to hold you, as you were, when you were a little boy. Our sense of time has changed since we last had those few parting words, "I'll see you later". Your Mom, sister and me talk about you often, and many times it's sad, or there are times when you are right there in the kitchen having a smile and laughing...God we miss those times. Time is now an unusual thing, not like it was before, it's something we have had to learn how to figure out. My watch runs differently, days it can fly by and days it hardly moves at all. There are times it moves backward, and I get stuck thinking how you were as a child, my little boy, those days are the most special of any days.  
Our time was much too short, but every day, every moment, you will live in our hearts forever. Your whole family and all your friends miss you and love you, and someday we will see each other. I may even say, you see I was right. I'll see you later...and that will be a great day. I like to think about 9/4, our last day together, we spent the whole day together, shopping for school, getting you set up. Never in a million years or more, would anyone know that was our last day together. I travel past those places we went to, and I can still see you coming out of Staples and saying, "OK lets go, I've got everything". My parting thought is just that, "You never know when it's the last day together". Appreciate those moments, you never know...it's time which could change the next day...like 9/5/21.

All our love forever,  
Mom, Dad and Katherine



From HEALING AFTER LOSS: DAILY MEDITATIONS FOR WORKING THROUGH GRIEF

by Martha Whitmore Hickman

January 18

*Dying is a wild night and a new road*  
-Emily Dickinson

One of the things so astonishing and costly about losing a loved one is that, while the sun continues to rise and set, newspapers continue to be delivered, traffic lights still change from red to green and back again, our whole life is turned around, turned upside down.

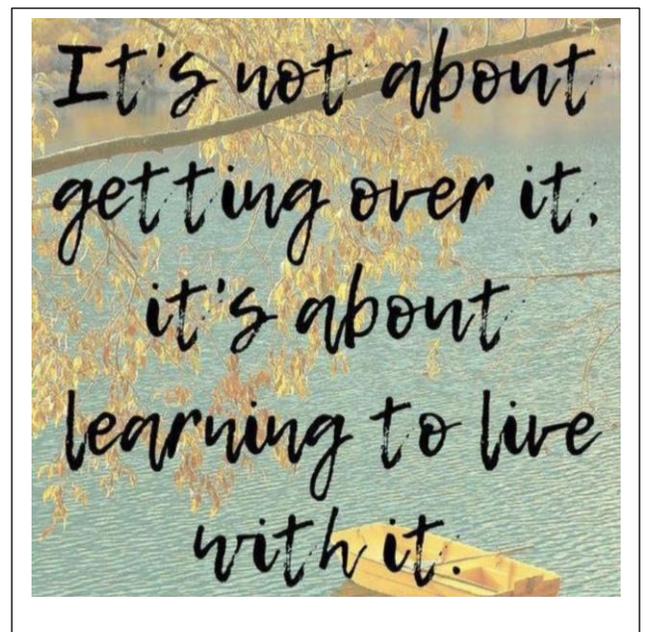
Is it any wonder that we feel disoriented, confused? Yet the people we pass on the streets are going about their business as though no one's world had been shaken to the core, as though the earth has not opened and swallowed us up, dropped us into a world of insecurity and change.

It is, as Emily Dickinson says, "a new road" – for us as surely as the one we have lost. It will take us time to learn to walk that road. Time, and a lot of help, so we don't stumble and fall irretrievably. Those who have had their own experience of loss will probably be our most helpful guides – knowing when to say the right word, when to be silent and walk beside us, when to reach out and take our hand. In time, we will be helpers for others.



People will start to talk about him and then say, "Oh, I'm sorry," and I say, "No, I love to talk about him. More, more, more. . ." because that brings him alive and it brings him closer and it means that he hasn't been forgotten.

GLORIA VANDERBILT  
on 23-year-old son Carter's suicide



*Thank You for Your Contributions to the TCF North Shore-Boston  
Walk to Remember*

**Lorrain Snow – In memory of Robert Hale Tavares**  
**Nicole Thomas – In memory of Jessica Cormier**  
**Tim and Barbara Glendinning – In memory of Tim Glendinning**  
**Betty and Owen Knight – In memory of Rebecca Knight**  
**Sandy and Barry Dixey – In memory of Jason M. Dixey**  
**Diane Chuha – In memory of Rebecca Knight**  
**David and Melinda Paul – In memory of Brianna Lee Paul**  
**Yousef Alajarma – In memory of Ali and Salah Alajarma**  
**Regan Lamphier – In memory of Ethan Lamphier**  
**M Mullane – In memory of Jillian Sullivan**  
**Eric and Elizabeth Bennett – In memory of Eliot Bennett**  
**Aimee Gordon – In memory of George H. Silva**  
**Sandy Tsakirgis – In memory of James Kiriakos**  
**Rachel Liacos – In memory of Eric Krasker**  
**Jim Liacos – In memory of Eric Krasker**  
**Tzivya Silverman – In memory of Eric Krasker**  
**Lynne Krasker – In memory of Eric Krasker**  
**Cheryl Krasker – In memory of Eric Krasker**  
**Patricia Foreman Powell – In memory of Julia Ann Forman**  
**Stephen and Paulette Bell – In memory of Kayla Bell**  
**Sally and Tim Morse – In memory of Darcie Forrestall**  
**Kelly Gallagher – In memory of Jillian Sullivan**  
**Bob and Ester Boulanger – In memory of George Silva**  
**Millie and Jerry Becker – In memory of Sheryl Becker**  
**Gary Mullane - In memory of Jillian Sullivan**  
**Sheila Thabet – In memory of Cary and Jamie Thabet**  
**Jacqueline Sullivan – In memory of Jillian Anne Sullivan**  
**Frank and Joan McLaughlin – In memory of Gale McLaughlin**  
**Leigh Hurley – In memory of Jillian Sullivan**  
**Carmen Pope – in memory of Tom and Christopher Pope**  
**Stephen Bell – In memory of Carmel Staunton**

## *Our Children Remembered*

### **September Birthdays**

Robert Joseph Biondo son of Lorraine & Robert Biondo  
Joey Bolivar son of Reggie and Cindi Bolivar  
Derek Anthony Broughton son of Edward and Louise Broughton  
Jessica Cormier daughter of Walter Cormier and Barbara Melesciuc  
Bryan Robert Cadigan son of Debbie Daly  
Kelly Dawkins Lavigne daughter of Frank and Maureen Dawkins  
Shane Lambert grandson of Irene Lambert  
Erik Sean Rakos son of Frances Rakos  
Glenn Buttrick son of Heidi Scott  
Marquis Bergendahl son of Pauline and Chris Whynot  
Michael Sverdlove son of Harry and Grace Sverdlove  
Scott Peterson son of Tim and Parry Peterson  
Peter Costas son of Barbara Costas, sibling of Alainie Costas  
Nicholas Charles Erbafina, son of Susan and Charles Erbafina sibling of Jackie Erbafina  
Ryan Sherman Loughlin son of Cynthia Sherman  
Alyssa Rose Conte daughter of Janice and David Conte  
Kyra Grace Koman daughter of Kathy and Stu Koman  
Ashley St Onge daughter of Rick and Chris St Onge  
Victor DeMacedo son of Patricia Dos Santos  
Aderson James Elam son of Lynette Elam  
Renee Mithen daughter of Kathleen Ravagno  
Madeleine Elise Fox daughter of Elizabeth Fox  
Shea Thomas Patno son of Tim and Desiree Patno  
Kevin Gannon Sibling of Alice and Gil Costa

### **September Angel Dates**

James Vincent Barreira son of Susan Barreira  
Nicholas Alden Chittick son of Joann Chittick  
Alfredo Alexis Trejo son of Alfredo and Lilliam Trejo  
Kelly Dawkins Lavigne daughter of Frank and Maureen Dawkins  
Harrison Andrew Lambert son of Gregory and Sigrid Lambert  
Aaron DiBella son of Suzanne DiBella  
Lia Madigan daughter of Maile and Daniel Madigan  
Sarah Nicoll Boyle daughter of Jackie and Mark Nicoll  
Mark Jepson sister of Shannon Kaiser  
Daniel Edwards brother of Rebecca Edwards  
Timothy Glendinning son of Tim and Barbara Glendinning  
Brendan Burgess son of Catherine and Bill Burgess  
Dillon Patrick Dwyer son of Wayne Dwyer  
Benjamin Clark son of Nancy Wescott  
Michael Glionna son of Terry Glionna  
Lindsey Dias daughter of Bruce Dias  
Joshua Williams son of Donna Williams  
Gregory Stames son of Donna Bouley  
AJ Ryan son of Shirley Loranger  
Jillian Anne Sullivan daughter of Jacqueline Sullivan  
Timothy Burke son of Anna Bourque  
Philip Reddy Jr. son of Philip Reddy  
Dennis Costa Sibling of Alice and Gil Costa

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](mailto: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><b>Please be considerate in the timing of your calls to these volunteers.</b></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 Victor George,  
 Happy 41<sup>st</sup> Birthday! Not a day goes by when I don't think of you and miss you. Always in my heart.  
 Love Mom and Dad

*In memory of Renee Mithen  
 Love and Miss You so much Renee!! I am watching for you!  
 Love Mum Ravagno*



*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 – September 2021**



National Website: [www.compassionatefriends.org](http://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](http://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](mailto:tcfnoshorenews@gmail.com)