



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

August 2022

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 3rd Wednesday of each month via Zoom Online at 7:00PM. We also hold an in-person meeting on the 4th 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 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, Inc.
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Wixom MI 48393
Toll-free: 877-969-0010
PH: 630-990-0010
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www.thecompassionatefriends.org

Upcoming Meetings

Wednesday, 9/21/22	Online Video Meeting - 7:00 PM Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD -and- Sibling Group Online Video Meeting - 7:30 PM Please contact Aimeeb15@gmail.com if you would like to participate Topic: Open Sharing Session
Sunday, 9/25/22 9:00 AM - 12:00 PM	WALK TO REMEMBER
Wednesday, 9/28/22 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: Open Sharing Session Facilitators: TBD
Monday, 10/3/22 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD
Wednesday, 10/19/22	In-Person Meeting - 7:00 PM Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD -and- Sibling Group Online Video Meeting - 7:30 PM Please contact Aimeeb15@gmail.com if you would like to participate Topic: Open Sharing Session
Wednesday, 10/26/22 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: Loss of an Adult Child / Loss of a Young Child Facilitators: TBD
Monday, 11/7/22 7:00 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 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
dgtcf@aol.com

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

ERIC THOMAS HILL

Eric, Sweetie Boy,
Happy Heavenly 26th Birthday!
We love you tons.
Can't believe it's been 20 years –
we miss you and your smile and laughter!
xoxo Best Boy Ever!
Love, Mom, Dad, Cali and all your family

-and-

BRIANNA PAUL

Where You Are
*All along you never left
You're where you have always been
You came from me, you come from me
A truth that holds even when
Sadness tries to cloud my soul
And death's illusion makes its plea
All along you never left
You're where you will always be*

Love you forever,
Mom, Dad, Erin & Eden

Missing Milestones as Bereaved Parents

By Mary McGrath

When you mourn the death of an adult – a parent, sibling or friend – you are grieving for the life you had together. When a child dies, you grieve for the life that was ahead of them and all the milestones they will never see.

One of those milestones for bereaved parents is the day their child should be starting school. The first day of school is a very important ritual in the life of a child and a family. It is a day all parents look forward to with a mix of excitement and trepidation. Will my child settle in? Will she make friends? Will he like the teacher? Did I get the right bag? Will the lunch be eaten?

Buying the books, the bag and all the other gear is so exciting and, naturally, your child will look adorable in their new uniform. You'll join the other parents at the school door and hand your child over to the world. A new adventure begins! You'll shed a little tear – maybe – but you'll know your child is in good hands.

But what about the parent whose child isn't there? For bereaved parents, 'School Season' as I like to call it, is full of sadness and longing. The back-to-school 'buzz' starts very early, so the dread starts early too. Other parents are excitedly planning their child's first day. We listen to chats about uniforms, shoes, etc and wish we could join in. If there is another child in the extended family due to start school, and your child has been forgotten, it can be heartbreaking.

Many bereaved parents, especially those living in small towns, have no choice but to drive or walk past the local school every day, and the first day of school in September is no exception. If you have older children already in school, you have no choice but to walk them in. And there they are before you – the new Junior Infant children. But your child isn't there.

If you are a bereaved parent whose child should be starting school, here is some advice from someone who has been there:

Don't be hard on yourself. The sadness is normal. You're not going mad and you're not the only person going through this. Connect with other bereaved parents to talk through what you are feeling. A Little Lifetime Foundation supports parents whose babies die at or around the time of birth. The charity's support meetings and online discussion forum are available to you to talk about this challenging milestone in your journey.

If you have older children already in the school who have to be dropped in but you just can't face it, ask a friend or family member to do this for you. It's okay to take one day off for yourself. Try to stay away from social media for a few days. It can be hard to see the smiling faces of other children, the same age as your child should be, jumping out at you from your phone. You are not begrudging anybody else their happiness, but it makes you wonder what might have been for your son or daughter.

Make a plan. Think about what you'd like to do. Maybe go for a walk or meet a friend for a cuppa. Or maybe you might prefer just to go to ground for the day and not see anyone.

Create a little ritual for your child. On what would have been my son Xavier's first day at school, my husband and I both took the day off work. We went to the graveyard and cleaned our son's headstone and then we went for breakfast. We do this every year now. Having been tied up with books, shoes, schoolbags and all the back to school paraphernalia for our other children, it feels nice to spend a little time making a fuss over our missing son too. Find a ritual that works for you. It could be something as simple as lighting a candle, writing about the day in a journal, going to a special place connected to your child, and so on.

Advice for Family and Friends

If you have a friend or family member whose child should be starting school, here are some things you can do to help them through it.

Mention that you are thinking of their child and where they should be now. Ask how the bereaved mum or dad is doing. Something that simple really is very meaningful to bereaved parents.

If you have children going to school yourself, please don't complain about the cost. Your friend would love to be spending that money on their child!

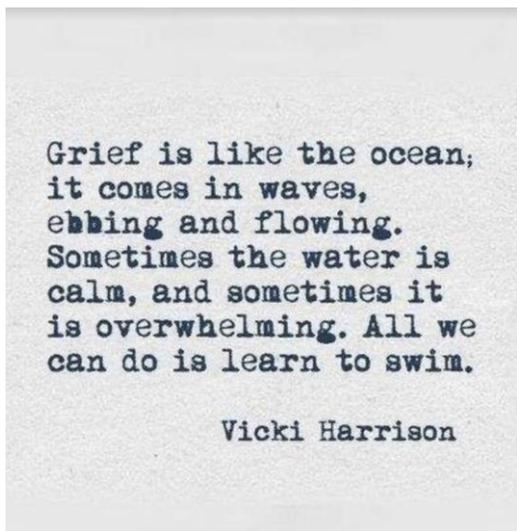
If your friend has older children in the same school as your child, offer to drop their children to school on the first day.

They might want this but feel too guilty to ask.

If you are uploading photos of your child's first day to your own social media, don't tag a bereaved parent. We know you don't mean to be hurtful, but we find it very distressing. Offer to take the mum or dad out for a coffee or a walk on the day. But if they would rather be alone, be understanding about that.

If you are facing into what should be your child's first day at school, my heart goes out to you. It is a day full of very complex emotions. If you are further along in your journey and missing out on your child going into, for example, 4th class or TY, that is still challenging and you still need support.

Remember that all these sad days tend to be worse in our imagination. The anxiety of the build-up is awful, but these days are usually never as bad as we think. It will be sad, yes, but you will weather it. Most importantly, be kind to yourself and let others be kind to you.



UPCOMING EVENT

TCF North Shore-Boston Chapter 7th Annual Walk to Remember

Sunday, September 25th 2022
9:00AM – 12:00PM

Ipswich River Park 15 Central St North Reading MA



The **Walk To Remember** is a way for us to gather together and honor the lives of our children, grandchildren and siblings. It also serves as our chapter's largest annual fundraiser and thereby supports our chapter's mission. Family members and friends are invited.

To Register for the Walk Please Visit www.tcfnoreshore-boston.org

Our Children Remembered



Alfredo Alexis Trejo son of Alfredo & Lilliam Trejo
David Eric Czarnota son of Karen Czarnota
Andrew Geljookian son of Nancy & John Geljookian
Eric Hill son of Peggy & Tom Hill
Glenn James McCloy son of June & Jim McCloy
Brianna Lee Paul daughter of David & Melinda Paul
Sibling of Eden and Erin Paul
Robert Hale Tavares son of Lorraine Snow
Victor Vogis son of Victor & Margo Vogis
Daniel Ronan son of Susan Eldred
Megan Sawyer Daley daughter of Kathy and Dan Daley
Julia Elizabeth Vanella daughter of Joseph Vanella, Jr.
Christopher Dennis Lane son of Marilyn Lane
Julian Cayer son of Matt & Lauren Cayer
Anthony Travalini son of Anne Travalini
Andrew Brooks Son of David and Waldina Cameron
Nicole Hufnagle daughter of Janet and Gary Hufnagle
Mathew Carr Son of Patty Carr & Brother of Sarah Carr
Quinlan Weekes son of Lindsay and Jaunel Weekes
Tritan James Rice son of Brian Rice
Peter Merrill son of Martha Merrill
Jade Anna Williamson daughter of Adam Williamson & Jenny Chong
Joshua J. Williams son of Donna Williams
Mitch Lortz son of Jeff Lortz
Shaun Carnes son of Diane and Alan Pajak
Timothy Burke son of Anna Bourque



Derek Anthony Broughton son of Edward & Louise Broughton
John Arthur Driscoll son of John & Susan Driscoll
Geoffrey Gonzalez son of Iris Gonzalez
Amber Mace daughter of Tammy Mace
Gale McLaughlin daughter of Joan & Frank McLaughlin
SPC David Mulno son of Cathy and Harry Mulno, sibling of Alyssa Mulno
Jeannie O'Hare daughter of Jean & Tom O'Hare
Michael John Smithers son of Marnie Smithers
Katherine Stephanie Grant daughter of Laurie Grant
Jade Anna Williamson daughter of Adam Williamson & Jenny Chong
Mathew Carr Son of Patty Carr & Brother of Sarah Carr
Mitch Lortz son of Jeff Lortz
David John Santucci son of John & Marie Santucci
Colin Ambrose McComber son of Shari McComber
Steven Ronan son of Susan Eldred
Griffin Nathan Lamar son of Nicole and Nathan Lamar
Rosamond Leslie "Lindsey" Huntoon daughter of Louise Huntoon
Seth Bottari son of Steve and Sarah Bottari
Brooke Romswell niece of Susan Haggerty
Ziggy Prior Lowe son of Danielle Chiapella & Josh Lowe
Michael O'Connell nephew of Len and Louise Morrison
Frankie Simpson son of Carolyn Skane
Michael Barrett son of Tony Barrett and Susan Greco
Kayla Bell daughter of Stephen and Paulette Bell

	<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

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



Love Notes



In Memory of Eric Thomas Hill

Eric, Sweetie Boy, Happy Heavenly 26th Birthday! We love you tons.

In Memory of Victor Vogis – Happy 42nd Birthday

It's amazing how time flies. Think of you all the time and what could have been. We miss you and love you Son!

Love Mom, Dad, Katya, Omar, Ester, Tony, Margo Marie

In Memory of Glenn James McCloy

We will always love you and we miss you.

Mom and Dad

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 – July 2022



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
tfnoshorenews@gmail.com