



The Compassionate Friends

North Shore-Boston Chapter

Supporting Family After a Child Dies

Newsletter

February 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 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.

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The Compassionate Friends, Inc.
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

Monday, 3/7/22 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Sibling Panel Discussion Facilitators: Dave
Wednesday, 3/16/22	Online Video Meeting - 7:00 PM Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: Millie -and- Sibling Group Online Video Meeting - 7:30 PM Please contact Aimeeb15@gmail.com if you would like to participate Topic: Dealing With Grief Triggers
Wednesday, 3/23/22 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: Staying Connected to Our Children Facilitators: Tim
Monday, 4/4/22 7:00 PM	Online Video Meeting Please contact tcfnoshoreconnect@gmail.com if you would like to participate Topic: Open Sharing Session Facilitators: TBD

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

Regional Coordinator: Dennis Gravelle 978-532-2736
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A GARDEN FOR OUR CHILDREN
Saturday, May 14, 2021
1:30 - 3:30 PM
Aldersgate United Methodist Church
235 Park Street North Reading MA

Flowers will be supplied and will be planted in the garden area to the right of the church's main entrance. Our volunteers will plant the flower you select in the garden for you and your family. There will be wooden popsicle sticks available on which to write the name of your child, grandchild, or sibling, which will be planted next to their flower. This will be a Flower Garden for Our Children and will be a beautiful addition to the church's entrance area.

Please feel free to bring your family and friends.

If you would like to serve as a volunteer for this event, please call Tim Glendinning at 908-902-6831

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

ELIOT BENNETT

Since welcoming your sister to our family, we think often what an amazing big brother you would have been. We teach her about you daily, and celebrate your birthday each year, so that your memory will live on through all of us.

Mommy and Daddy

-and-

JASON M. DIXEY

Quote by unknown

"There are some who bring a light so great to the world, that even after they have gone, the light remains."

You're in our thoughts every day and forever in our hearts. Loved and missed by all.

Love, Mom, Dad,
Adam, Peyton and Riley

GRIEF AND SLEEP

7 Tips to Cope with Insomnia After Loss

Sleep is essential to healing, not only physically but emotionally.

- EXERCISE DURING THE DAY**
Exercise, especially during the natural light of day, contributes to a healthy sleep cycle. Choose exercises that do not push your body past its edge. Yoga for grief can help your body find its way back into equilibrium.
- AVOID CAFFEINE AND ALCOHOL AFTER 3:00 PM**
The National Sleep Foundation says that, while alcohol can make you sleepy, it disrupts sleep once the body metabolizes it. Caffeine, of course, is the antidote to sleep. Increase water intake during the day, but avoid it an hour before bed.
- TREAT YOURSELF TO A MASSAGE OR BODYWORK**
Therapeutic bodywork, such as massage, reiki, acupuncture or Phoenix Rising Yoga Therapy, can help your body relax and bring your system back into balance. Use a designated driver so you can fully relax.
- CREATE A SLEEP SANCTUARY**
Sleep experts say that the bedroom should only be used for sleeping and sex. Avoid watching television or using electronic devices in your bedroom. Keep the temperature between 65° to 68°. De-clutter your room and add relaxing artwork, scents, and comfortable bedding.
- TURN OFF ELECTRONIC DEVICES 1 HOUR BEFORE BED**
Avoid the computer or TV one hour prior to going to sleep. Make sure your room is dark. Experts say that blue light contributes to alertness, so pay attention to the color of your digital alarm clock.
- KEEP A GRIEF JOURNAL**
Journaling for grief allows you to externalize your thoughts and stories. Try journaling at least 30 minutes before bed, and imagine that you can put everything down on paper that you are holding in your mind. Keep a sleep journal by your bed, and write down thoughts or sensations that are keeping you awake.
- CHOOSE TO RELAX BEFORE BED**
Schedule 20 minutes before bedtime to do some conscious relaxation. Relaxation provides a bridge between wakefulness and sleep, which helps you relax your muscles and ready your mind to rest.

For more grief management insights, join us at www.mindfulnessandgrief.com

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coping with grief

- accept your feelings, and express them
- reach out for support, consider counselling
- try to keep your routine up
- allow yourself time to mourn
- treasure and celebrate the lives of your loved ones
- avoid substance use to numb yourself
- remember that life is for the living
- be patient with yourself. mourning takes time
- don't make big decisions in the midst of grief
- write and reflect in a journal
- talk about the loss with someone you trust
- prioritize your eating and sleep

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VALENTINE FACES OF GRIEF By Andrea Gambill

Though winter's delicate, lacy snowflakes may remind us of the lace-trimmed hearts of February's Valentines, the "mourning" heart seems frozen in time. The bitter winds of loneliness blow mournfully through our souls. Death has tapped us on the shoulder, introducing his brother, Grief, who has moved into our hearts to take up unwelcome residence. Worn and exhausted by our pain, we have little energy to evict the intruder. It's hard for us to remember that the sun still faithfully shines behind the clouds that have obscured our vision.

"Love" is apparently the thought for the season, and we are reminded of its tenderness at every turn. But a piece of the fiber of our lives has been torn away, and love seems a vague and unfulfilled promise that belongs only to others. Hearts and flowers, lace and love, romantic verse and melody seem to have abandoned us as we grope in the darkness of our beloved's absence.

Will the pain ever end? Will the hope of joy and renewal once again warm the frozen places in our hearts? Gradually, as the hurt begins to soften, and the thawing relief of healing slowly begins to melt the icy grip of our pain, hope does begin to "spring eternal."

Roses, traditional in February's favorite holiday, remind us that summer will return (even if it is not on the traditional calendar's schedule!). It's unlikely that we will ever again perceive the usual symbols of love in quite the same way as before, but in many ways our concepts of genuine love will be stronger, richer and less assailable. Frivolous and shallow affection are absent from our thoughts. Deeper commitments and more demonstrative attention have become our new marching orders.

In costly lessons, we've learned firsthand how fragile and fleeting life can be, and we are now resolute in our determination to announce to our remaining dear ones the importance of our bonds with them. We abandon the intimidation of "limits" such as the archaic notions that a "man" mustn't cry or say, "I love you," or that we're too busy just now to pay better attention to someone's needs.

As little by little our pain softens and recedes, and we learn that suffering is but for a season, we also learn that LOVE doesn't die. In our emotional lives, Valentines can now take on a new significance as precious reminders of the love that still exists on both sides of life. Love lives within our hearts, and even Grief cannot steal it away. Love is our bridge over the rainbow.

SCHOLARSHIP FOR 2022 TCF NATIONAL CONFERENCE

The TCF National Conference will be held in Houston TX, August 5-7 2022. Our chapter will be awarding 4 scholarships of \$500 each to support those attending the conference. The scholarships will be awarded on a first come basis. Details on how to apply will be sent along with an application to all chapter members via email.

Please contact David Paul at tcfnorthshoreconnect@gmail.com with any questions



TCF 45th National Conference
Houston, TX • August 5-7, 2022

W-I-N-T-E-R: How to Honor Your Grief

From TransitionsLifecare.org By Hannah T., Grief Counselor

Things tend to slow down in the winter. The holiday bustle wraps up in a flurry and in settles the cold, quiet calm of winter. In grief, the season can bring mixed feelings. For some, the quiet season of winter is a relief after spending those first holidays without a loved one. For others, the stillness comes with a deeper sadness and grief as family and friends go back to their everyday routines. The WINTER acronym provides some ideas for how to honor your grief and care for yourself during the winter months:

W: Warmth — The harsh weather of winter often leads to more time indoors and can sometimes feel dreary. Add extra warmth and coziness to your space during this time. Leave out extra throw blankets, light candles, or add twinkle lights to make the space warm and cozy. Some people like to keep out something soft from their loved one, such as a clothing item or blanket.

I: Introspection — The quiet of winter, when some of the deeper feelings of grief might emerge, can be a time for deeper introspection. You may want explore your grief emotions through one-on-one counseling, groups, or journaling. Allow yourself to express some of the more difficult feelings in grief.

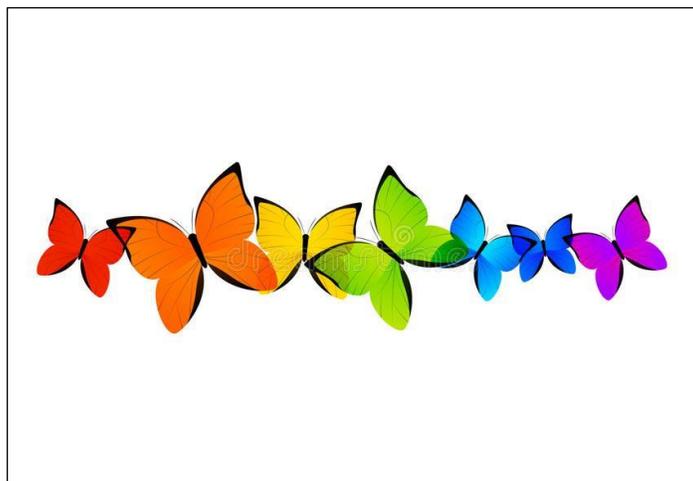
N: Newness — Winter is often characterized as a lack of growth or newness, but you may want to take time to create newness in your own life. As parties, events, and time with family slow down following the holidays, this can create more free time. This can be a great time to do something new. Sign up for a new class, attend a grief workshop, or visit somewhere new.

T: Time — Allow yourself time to grieve and heal, knowing that the grief process takes time and cannot be rushed. In this slower season, give yourself extra time to do and accomplish things. Slow your pace.

E: Empathy — Be extra gentle with yourself, acknowledging that grief impacts many aspects of the self. Know that it's OK to not "keep up the same pace" as you did before.

R: Rest — Embrace the slower pace of winter. Give yourself time to rest, allowing your body and mind to heal from the stress that grief can bring. Perhaps sleep in a little longer than usual, get a massage, or watch a funny movie in your pajamas.

Above all, remember to honor your self and your needs. Check in with yourself regularly to make sure that what you are doing is what you are needing in the moment. Remember that seasons of the earth change, as do seasons of grief. Notice the changing seasons within yourself, and adjust how to tend to yourself accordingly.



Our Children Remembered



Andrew Adams Wilder son of Mark and Betty Wilder
Alfonso Daniel Sisneros son of Bob & Laura Reich
Shane Patrick Murphy son of Karen and Kevin Murphy
Scott Ronald Nagel son of Fiona Nagel
Catherine Cann daughter of Anna Bourque
Lorin Beth Bennett daughter of Judith Bennett
Ryan Covino son of Linda and Bill Covino
Christopher Taatjes son of Patricia Taatjes
Talia Rose Ronga daughter of Debra Ronga
Brendan Burgess son of Catherine and Bill Burgess
Christopher Genna son of Joseph & Leslie Genna
Paul A. Nestor son of Geri & Bob Gatchell
Eliot Lee Bennett son of Eric and Elizabeth Bennett
Lisa Marie Norco daughter of Roberta Deputat
Gale McLaughlin daughter of Joan & Frank McLaughlin
Daniel Noah (Danny) Fine son of Gail and Stephen Fine
Julia Ciampa daughter of Julie Brachanow
Virgilio Dejesus son of Sara Dejesus
Diane Buckley daughter of Anna Bourque



February Angel Dates



Christopher Burke son of Dotty and David Burke
Christopher Michael Rollins son of Nancy & Rick Rollins
Olivia Mary Marchand daughter of Jody Marchand
Ryan James Gilligan son of Paula Gilligan
Cadyn Nathaniel Douglas son of Cheryl Coss and Andre Douglas
Lorin Beth Bennett daughter of Judith & Michael Bennett, sibling of Allison and Pamelyn
John Queenan son of Margie Queenan
Christopher Warner Fennelly son of Laurie Malonson
Christopher Taatjes son of Patricia Taatjes
Patrick Barry son of Joanne Barry
Julia Ciampa daughter of Julie Brachanow
Zachary Doyle Hilton son of Patricia Doyle
Robert Hale Tavares son of Lorraine Snow
Robert Kagacha son of Sarah Kagacha
Jaxton Donais nephew of Kayla Welch
Anthony Travalini son of Anne Travalini
Mario Miller son of Maria Sallese
Christopher Fennelly son of Laurie Malonson & George Fennelly
Eric Kronk son of Kathy and Walter Kronk
Andrea Martocchia son of Diana and Paul Martocchia
Ella Rose Biggio daughter of William and Allison Biggio
Jason Dixey son of Sandy & Barry Dixey
Kyra Grace Koman daughter of Kathy and Stu Koman
Renee Mithen daughter of Kathleen Ravagno
Sheryl Kelley daughter of Donna and Paul Maloney
Madeleine Elise Fox daughter of Elizabeth Fox
Kevin Gannon and Raymond Moyette siblings 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: tcfnorthshorenews@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

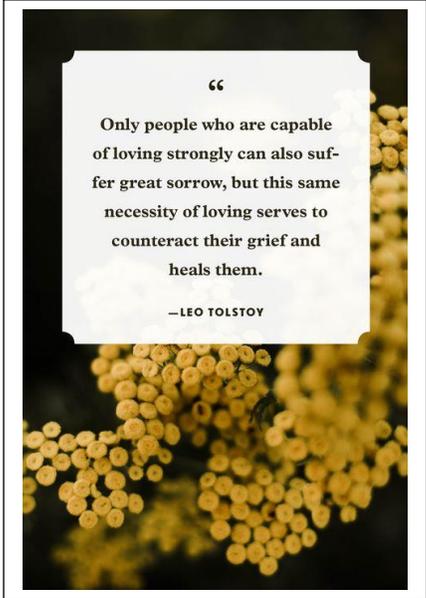




Love Notes



In Memory of David Siljeholm
July 19,1990 – October 13, 2004
From his mom – Anita Brewer-Siljeholm



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 – February 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
tcfnoshorenews@gmail.com